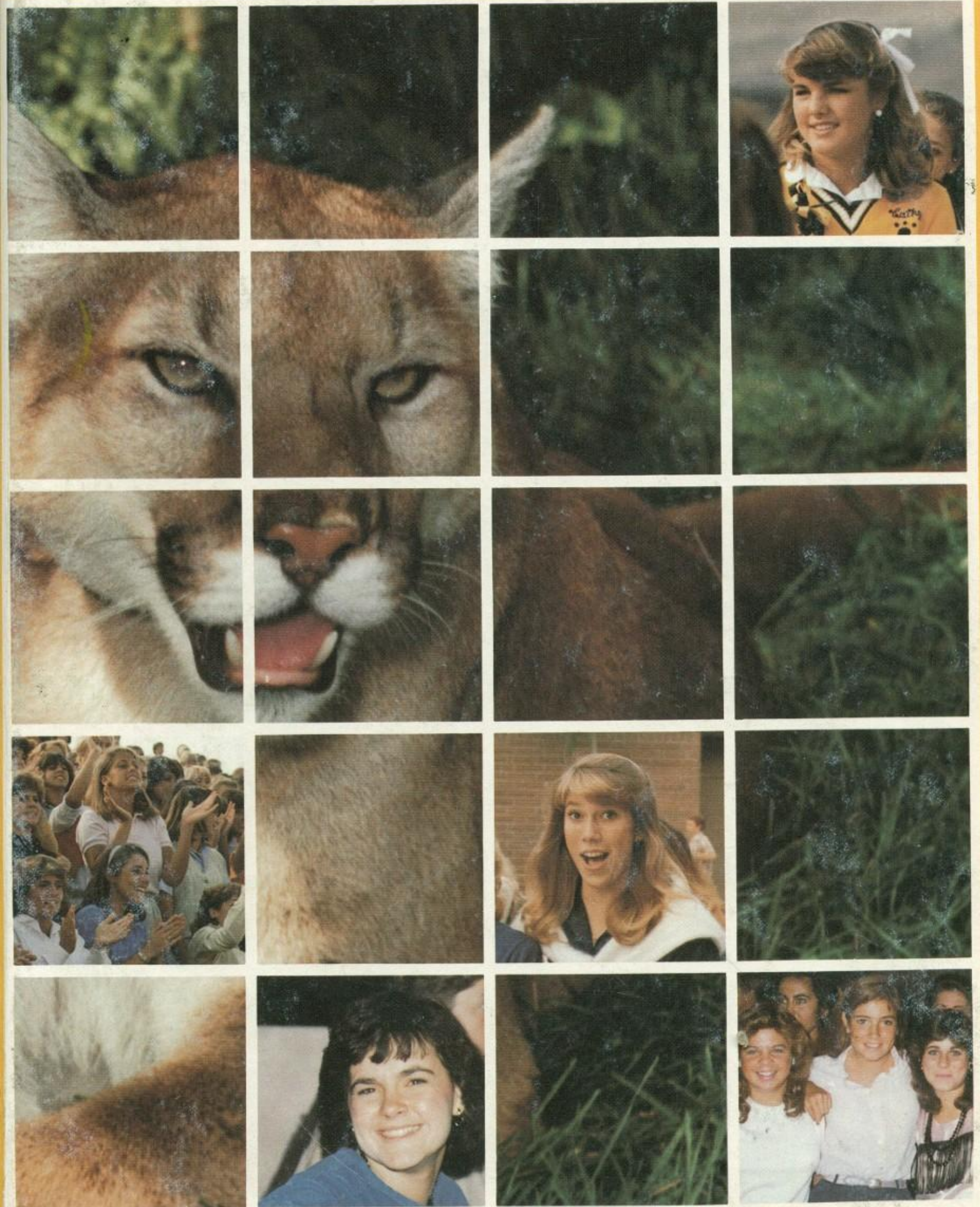


1983

EL GATO



Jackie
 glad you had P.E. with you
 always smiling and to
 really brightens up my day.
 Have a great summer,
 see ya next year.
 Love,
 Lee

It - schools out!!! It's been a long and sem. yet, it seemed to have gone by so fast. Never again will we be able to say "we are sophomores in high school. How sad, but in a way I'm glad - no more Mr. Patten - Even though we probably will never be in the same English class again. But we have learned lots of sneaky ways to pass notes, huh? Mr. Patton probably never noticed! HA HA All that homework he gave us - HA HA - Such a brute. I wish I would have been here during football practice - kick back! Well, since we both are taking pretty much the same classes next year (we absolutely have to get in the same Geometry class.) We have to improve on our grades or we'll end up on the 5 year plan and 4 years at Saddleback. Wouldn't your dad love that - Valid Victorian at Saddleback Jr. college (South Campus) Well probably be spending some time there! Thank for showing me the shortcut through Mission Viejo mall to Crown Valley. Also we are going to have to improve on my driving and parking (and believe me, one of these days I'm going to get towed)

Jackie
 about really don't
 know to say this
 after our party. Cause
 one of our parties. O you and
 letter glad we had lots
 know we together. You had
 know I will talk to
 B-A -
 H-M-A-N
 Baa-menn
 Brown
 Don't forget
 Bahmen
 Zahndi
 Lisa
 Bahmen
 Love ya
 Dena

Jackie
 Jackie,
 maybe some-
 day I will go
 to your dad
 for some media
 attention. Have
 a great summer
 Van Halen Lives
 Keith

Remember the time Mike Main took
 us to that great party - HA HA HA - I hate him
 so much - I'm surprised one of us didn't
 wreck - the freeway!!
 Jackie -
 I have really enjoyed
 having a sweet girl like you
 in journalism this year. Hope
 you can arrange to be on the
 staff 2nd semester next year.
 Take care of yourself!
 Have a great summer!
 Karen Winn

turn
 here

ZZZZ

JACKIE,
I'M REALLY
GLAD THAT WE
HAD P.E. TOGETHER
THIS YEAR. HOPE
YOU HAVE A GREAT
SUMMER!
K.I.T. LOVE, JOANIL.
859-0514

JACKIE,
I HAD A GREAT YEAR
GLAD I MET YOU. I HAD
A BLAST AT YOUR PARTY. I HAD
HOPE YOU HAVE MORE LIKE THAT
JACKIE GOING TO MISS EVERYTHING
WE GOT TOGETHER OVER VACATION,
TURNS OUT WITH YOU. HOPE
I'M GONNA MISS YOU SO MUCH.
K.I.T. PS. IT SEEMS
661-6959 LEAVING YOUR
TWO GET A HOLD
OF MYSELF
H.H.H.

YOU
SHANNON
CLARK.

PS. I'M GOING
REALLY MISS YOU
IS TO MISS YOU
GET WE DON'T
TOGETHER
OVER THE VACATION!

JACKIE,
I'D THOUGHT
A NAMED THAT I
WE HAD JACKIE. I
STILL DIDN'T HAVE A SISTER
HAVE A GOOD FRIEND ANYWAY FOR
KEEP SHINING NEXT YEAR! THOUGH
HOW, WE COULD
BROWNIE BUTE

EL GATO

1982-83

VOLUME 6

CAPISTRANO VALLEY HIGH SCHOOL 26301 VIA ESCOLAR
MISSION VIEJO, CALIFORNIA



8 COMMUNITY FACES

Diversity lies within each expression and creates a uniqueness to our community.



18 SCHOLASTIC PROFILES

The more we obtain, the more we realize how little we know.



28 MULTIPLE IMAGES

Being involved - group activities bring people together.

48 CAMPUS PORTRAITS

Friendship - divide it and it multiplies.



66 ATHLETIC EXPRESSIONS

Victory and defeat - each must be experienced to know the others full value.



130 PEOPLE AND PERSONALITIES

The faces are the index to the heart.



224 FAMILIAR SMILES

Sharing knowledge - learning becomes a mutual experience.

EDITOR DARLA MARASCO
ADVISOR LISA DALLENDORFER
PUBLISHER JOSTEN'S AMERICAN
YEARBOOK CO.

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facing the changes

The Saga Continues

Wherever we look we find changes. We encounter the difficulties and triumphs with an altogether different nature than ever before. We face new obstacles and surmount them. The year 1983 constitutes new attitudes and expressions - new faces. We emerge from each situation enlightened and more knowledgeable. The school year passes, refining our minds as the growth process continues. Face meets face. Smiles break the anonymity. Conversation begins; and slowly relationships bridge the academic, athletic,

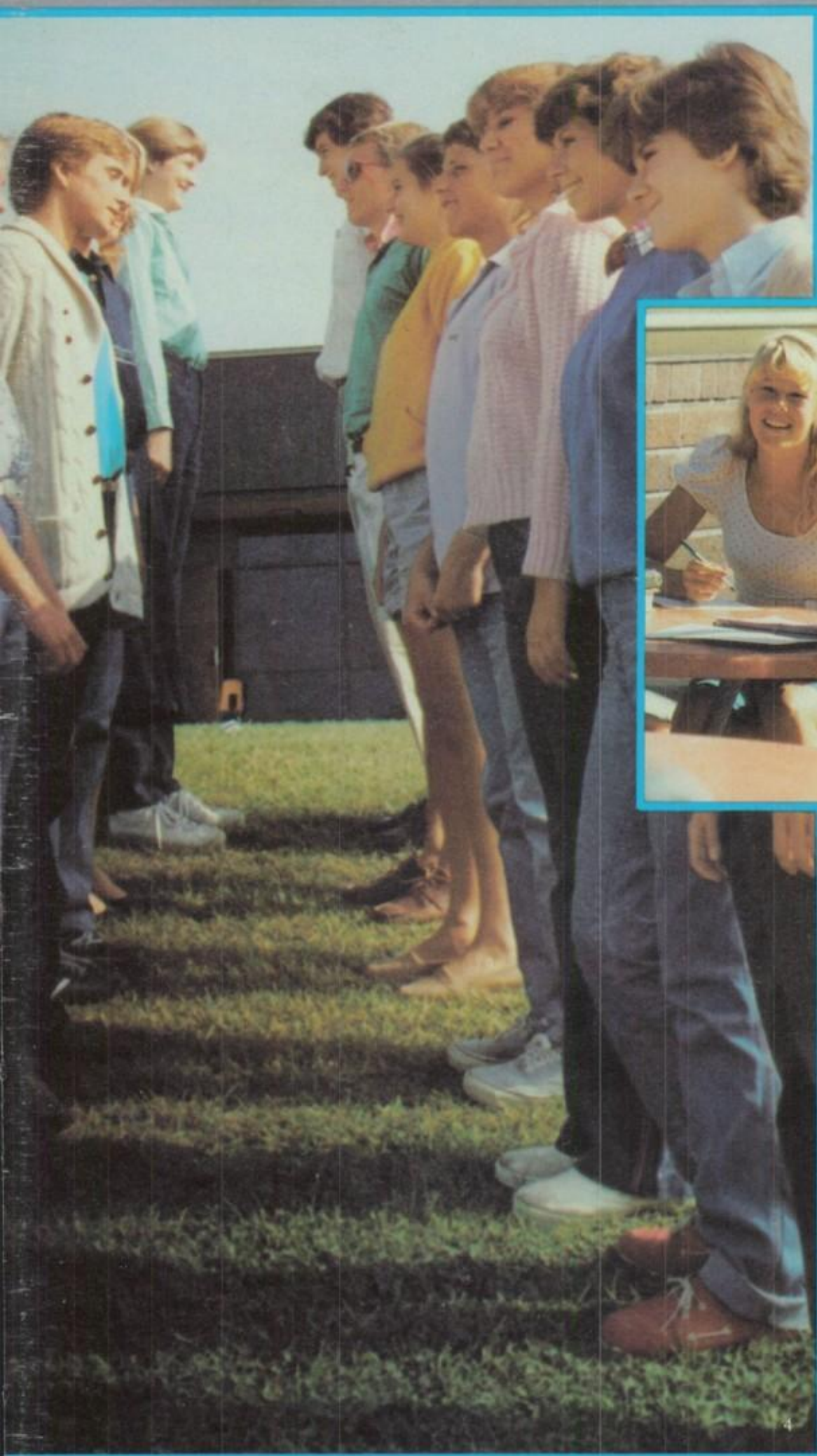
and social islands dotting the campus. Each face contributes its own unique personality and the year becomes an exciting exception to years past and future. 1983 burst forth with diversity and versatility. There were novel twists and turns as the events of the year expired into the past. We nurtured our vitality and prescribed insights and accomplishments for the future. And though we eventually leave the year behind, it captures for eternity, our faces - our integrity. We have faced the changes of 1983, and are prepared for our futures.



1. Mr. Victor's Advanced Placement English class provides **Jackie Screeeton** with stimulating mid-morning lecture. 2. Elation overtakes **Lori Dellota** as she meets charming **Jim Kennedy** while making her way through the mall. 3. Preparing for the never ending exams, **Jill Nelson** and **Teresa Ritti** study fervently. 4. Capo students find a common thread by meeting new challenges.



of 1983



Scratching the Surface



Surface tranquility seemed to dissolve momentarily as various issues came into the limelight. Familiar sights in and around the school were acknowledged by the various personalities of the students who

contributed to both the academic and social aspects of high school. Although the changes of faculty, lunch prices, student parking, the tardy policy and the ever popular method of adjusting one's schedule were present, Capo students set out to make an enthusiastic and productive 1982-83 year. With a vast array of creative ideas change was eminent. Changes set the pace for the future.



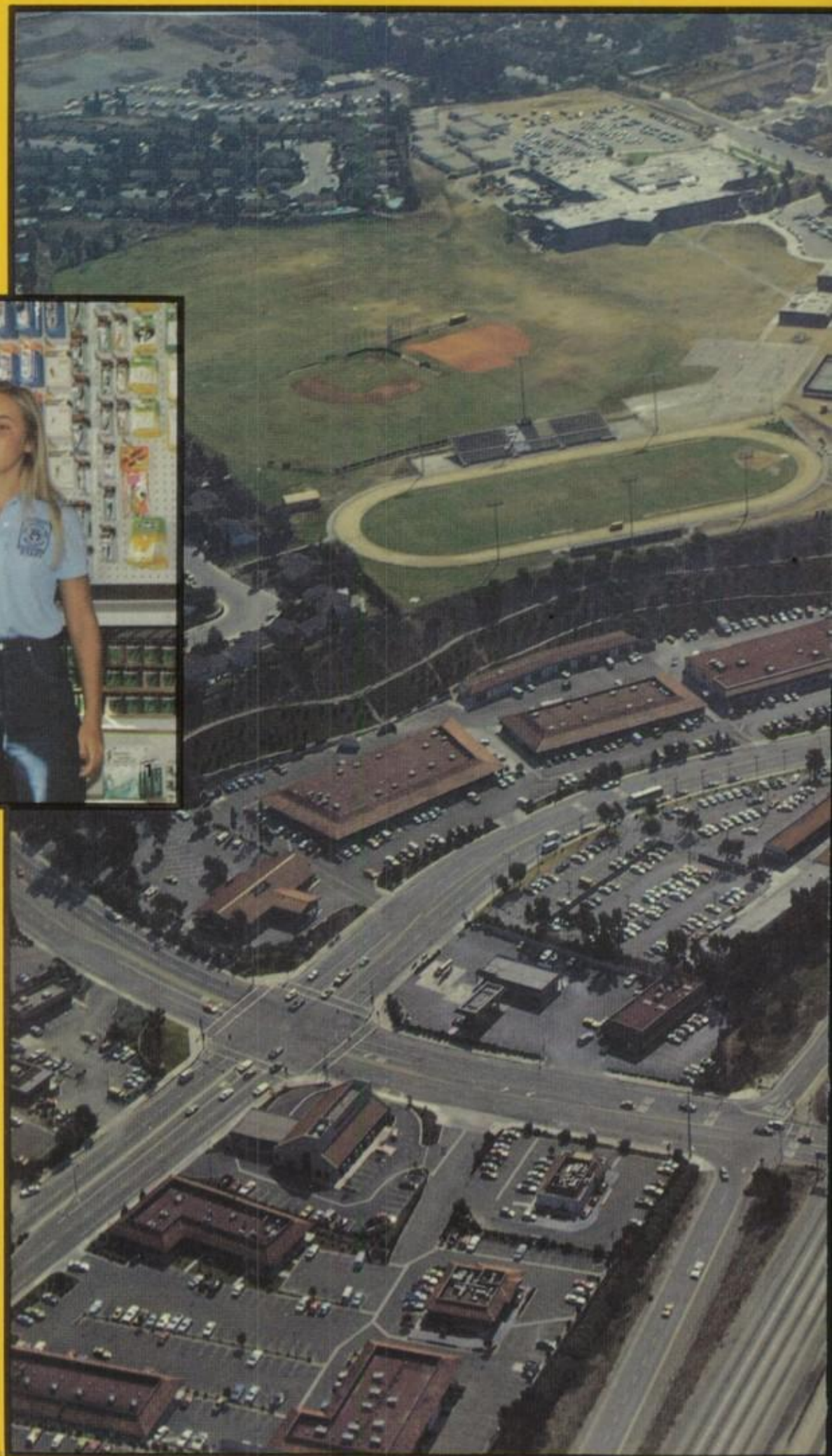
Facing the changes,
we shined.
Voices sounded,
and
we became
caught
in the quiet,
for we were
heard.

Capo Speaks Out

Happenings transpire during the complex process of self-discovery. With an emphasis on individuality and awareness, true meaning was sought. Individually expressing unique qualities of self, Capo students on their own, each desired to reach their highest level of expression. As a whole, the student body's decisions and aspirations were formed, creating a community in itself. With its amalgam of personalities the student body of personalities shaped the disposition of the community. People demonstrated an aggressive edge, voicing opinions, their ideals bonding creativity.



Making decisions,
with success as
an image
we found
ourselves
off on our own
on top
of that hill.



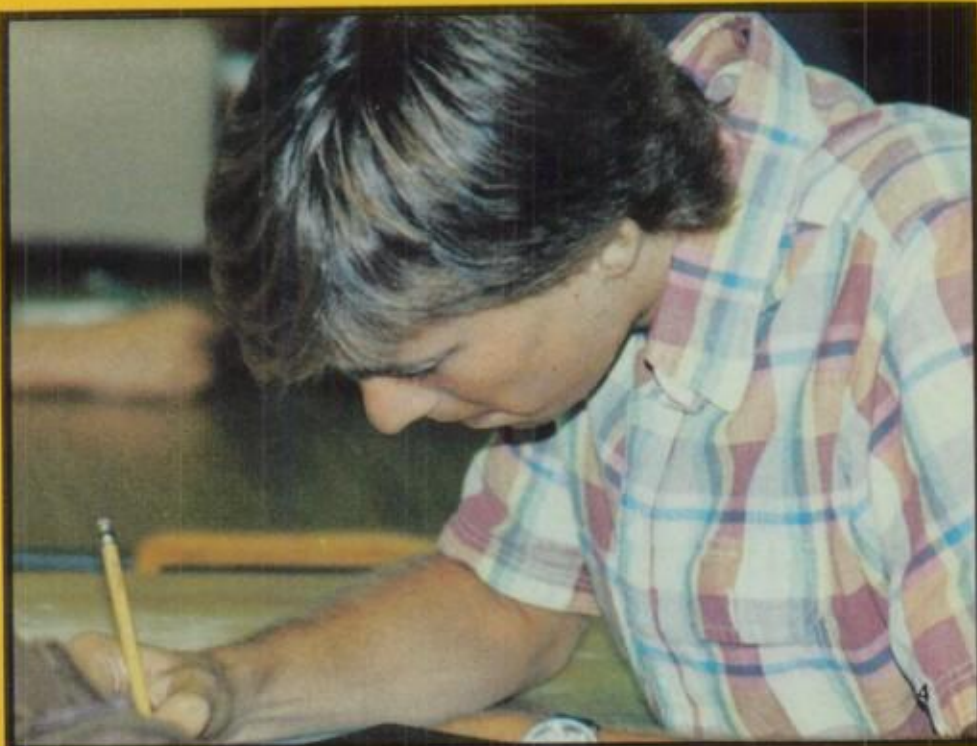
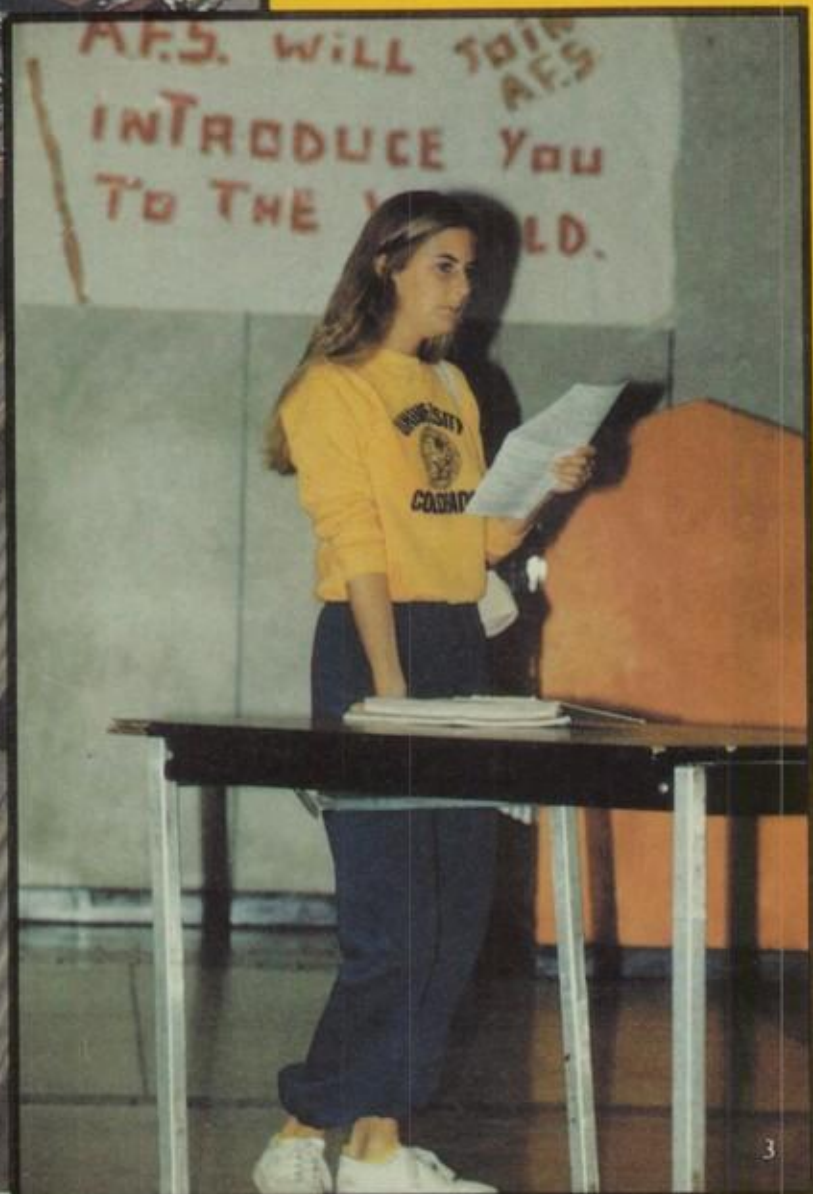
off on our own

Cougars Stand Proud



Our growth continues, and as it does we find ourselves becoming independent, moving out into diverse areas. Our sense of individualism separates us from the friends we have come to know. We can attain those goals which we have set without the help of others. The self-satisfaction derived from independent achievements shapes our futures. We come to an understanding about ourselves; we come to like ourselves. Self-confidence pervades our every action. Each situation deserves our individual attention. The school becomes an amass of striving cre-

ativity, and it is harder to tell whose ideas are whose. We slip away from the conformity and transcend the weightiness of unity. We learn to create on our own and therefore together our pride in our imagination strengthens. Institutions such as high school, consolidate our ideas, compressing them. Through our individual accomplishments we strive for achievements without a stifling agglomeration. Our expressions are devised through independence. Our knowledge of survival sans friends and fellow students reassures us that we can achieve success even when we are off on our own.



1. Lake Mission Viejo provides **Joslyn Hoffart** the opportunity to show off her casting ability. 2. A bird's eye view of CVHS. 3. The mall provides **Christa Coutlee** a brief moment to review before a test. 4. Individual effort is displayed by **Bill Binder** as he intently works on a class assignment.

coming together

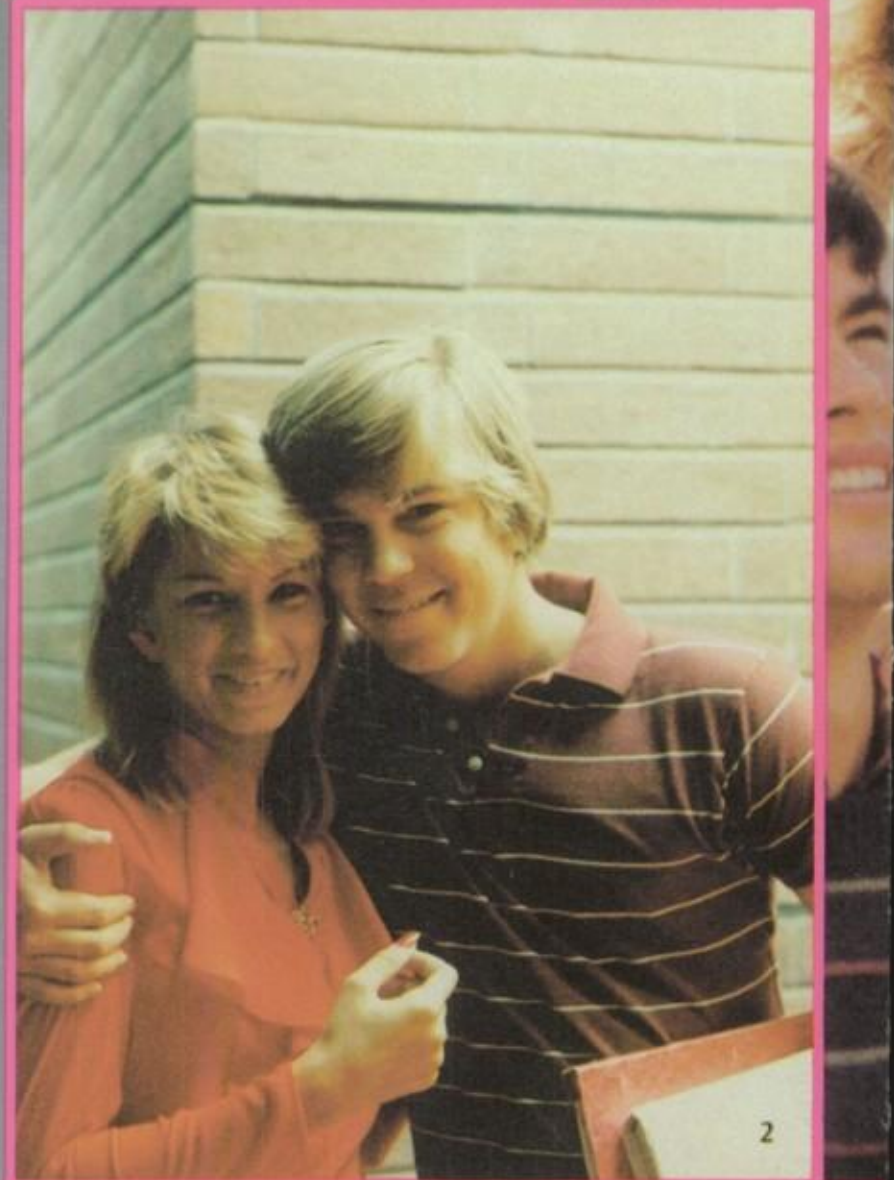
Linking Ideals

The school reflects a striving community. As the foundation of our lives we constantly thrive on the support, the ever present resource of friendship. We need that reserve for our survival. We continually develop that distinct community of Capo Valley. This community functions; its various elements working in a harmonized confusion toward a creative yet progressing society. From agony to ecstasy the adolescent emotions tell the individualized histories of the school's population. Each face provides new insights to the innerworkings of our autonomous

community, helping us better understand ourselves, our futures, our concepts of life. High School becomes a stepping stone to those dreams and goals we set. Yet for a period of four years it is an imperative process in the growth and expansion of our well being. We forge a powerful strain of individuals. We are transformed and each transformation builds upon that foundation until we have outgrown this smaller community. The very nature of the agents necessary for our progression lies in the communal existence, our coming together. Our lives endure tension, resisting collapse.



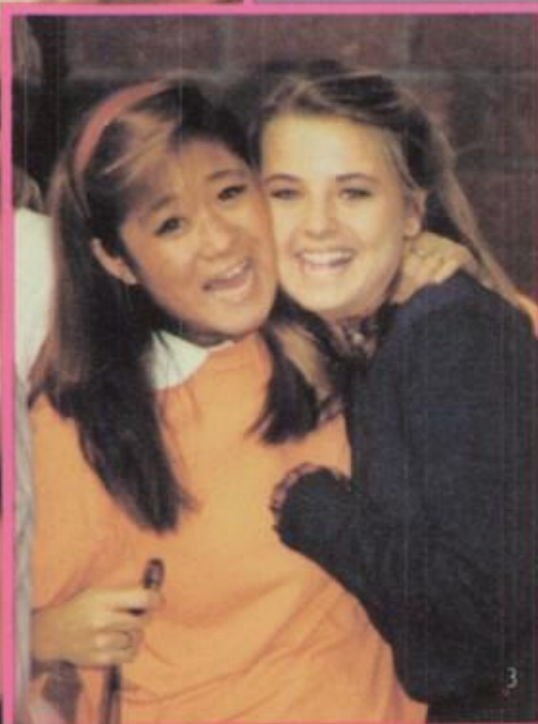
1. Capo's mall provides **Jim Rosenbaum**, **Liz Saba**, and **Ron Collins** the chance to come together for lunchtime chatter. 2. Reuniting after class **Rob Lisk** and **Kim Alsobrook** kibutz about school activities. 3. EP provides **Sonja Park** and **Karey Glenn** to share in the excitement. 4. Gathered together are the 1983 Seniors as their togetherness is recorded in a senior class photo.





Growls from the crowd

So on and on one goes; the seconds tick the time away. There is so much left to understand; together we discover the meaning. Friends, those that enhance the growth and integrity of our school years, expand our sense of purpose. The personalities at Capo Valley reach many extremes. However, every student comes together with one another to discuss and solve the dilemmas which confront the students in their daily lives. Successfully, each experiences and overcomes the ups and downs at which human nature is composed. Students reacted with one another, finding out more about themselves.



Reaching out
for one
another,
Together
victoriously
building a
tomorrow.

COMMUNITY



Jackie,
I'm sooo
glad I met
you. you
are sooo
sweet, and
cute. I still
Remember
the day

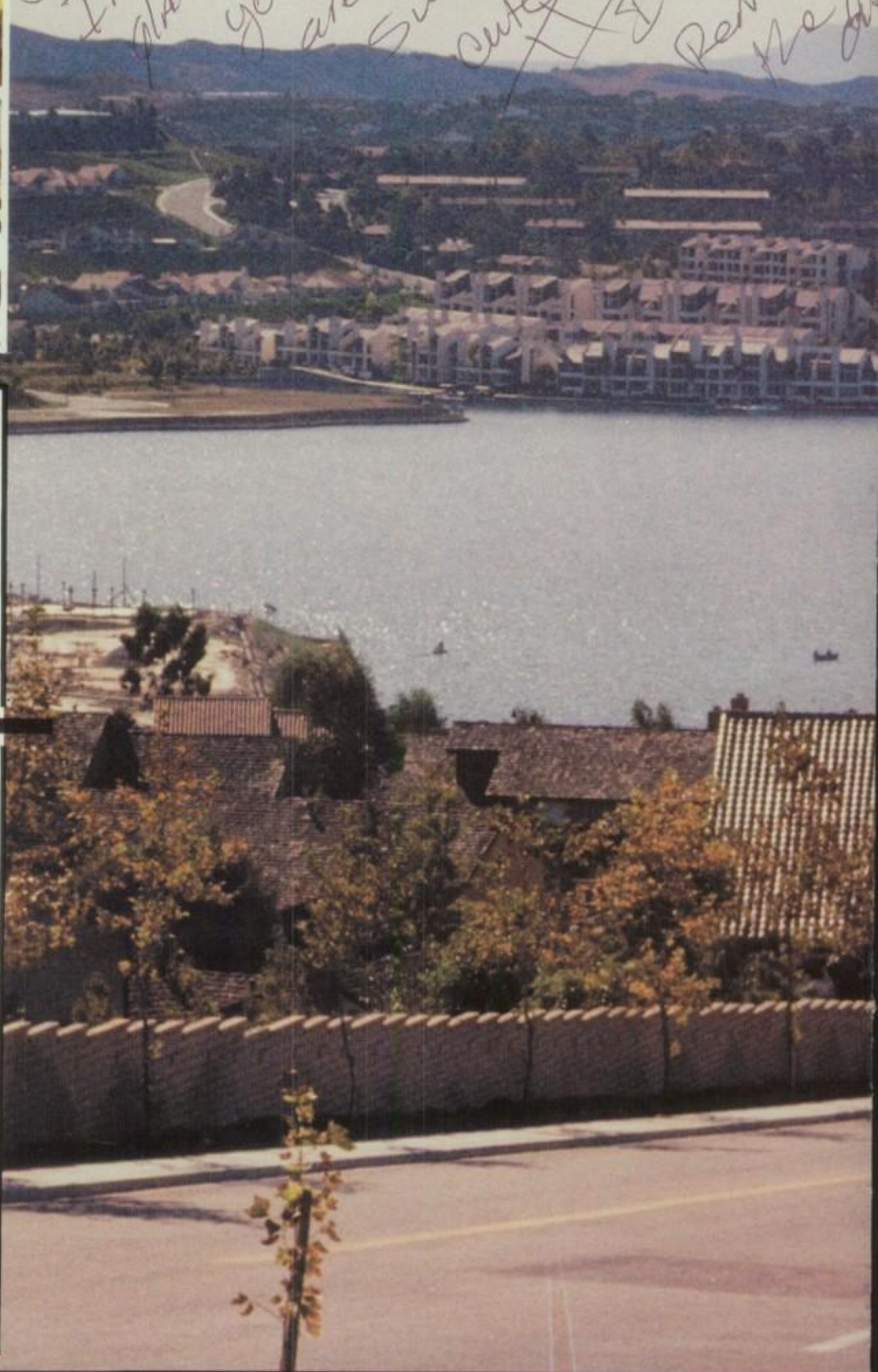
VARIETY SHINES WITHIN



The community sparkles with its glittering personalities that populate its surroundings. A great abundance of individual expression constantly changes the attitude of

A great abundance of individual expression.

the campus. The efforts and performances of the students far exceed the limits of the school environment. Capo students step into life outside of their campus to discover new and exciting milestones. They strive to become successful citizens and to find their special niche in the days ahead.



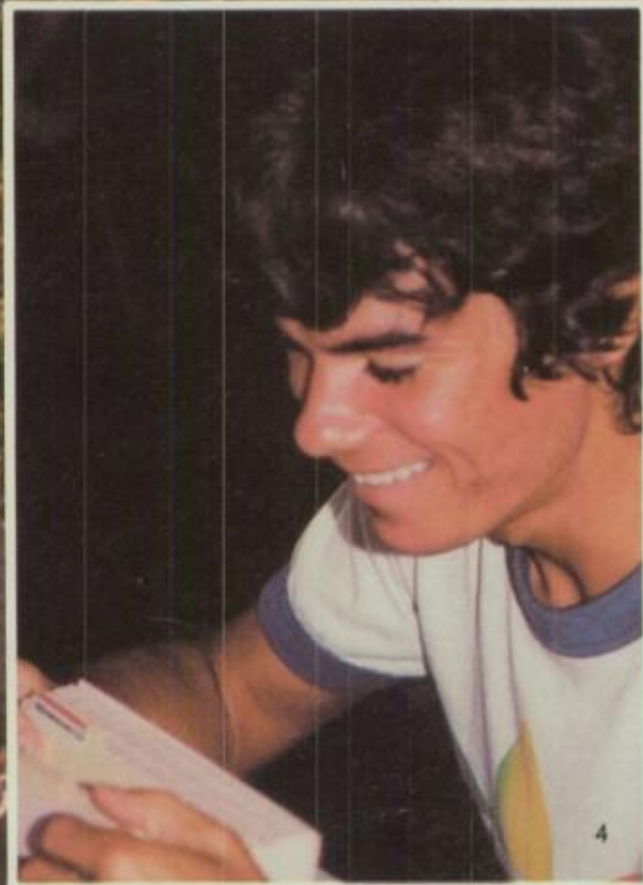
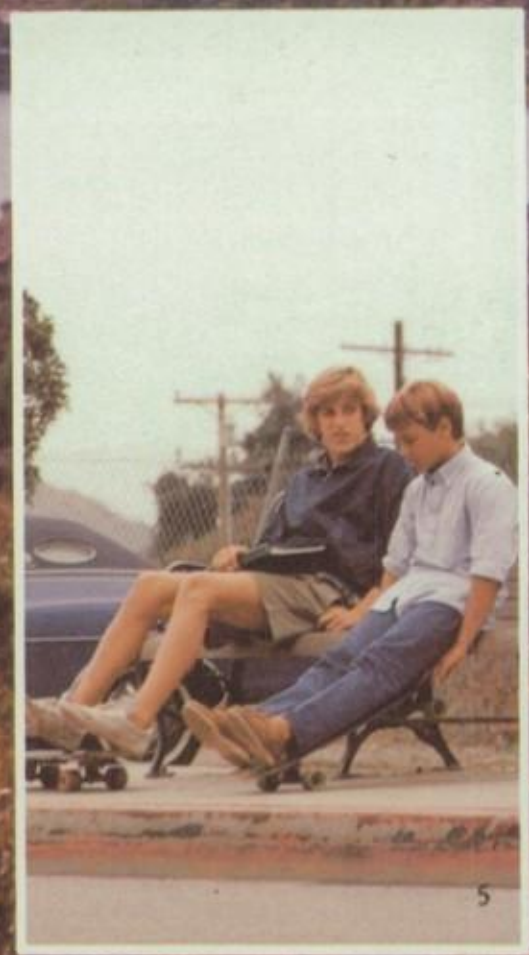
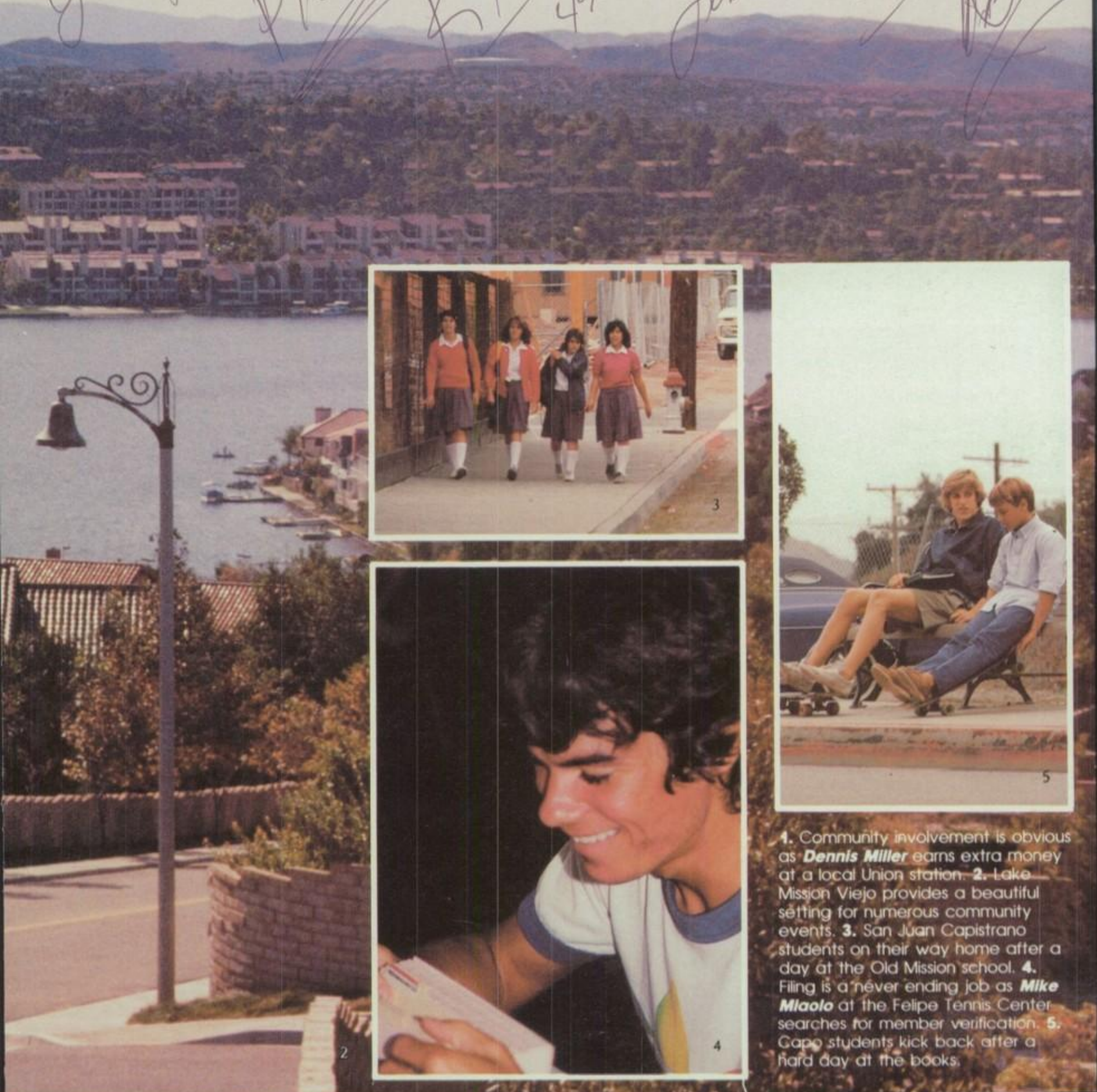
FACES

met
you
too

plus
493-3485

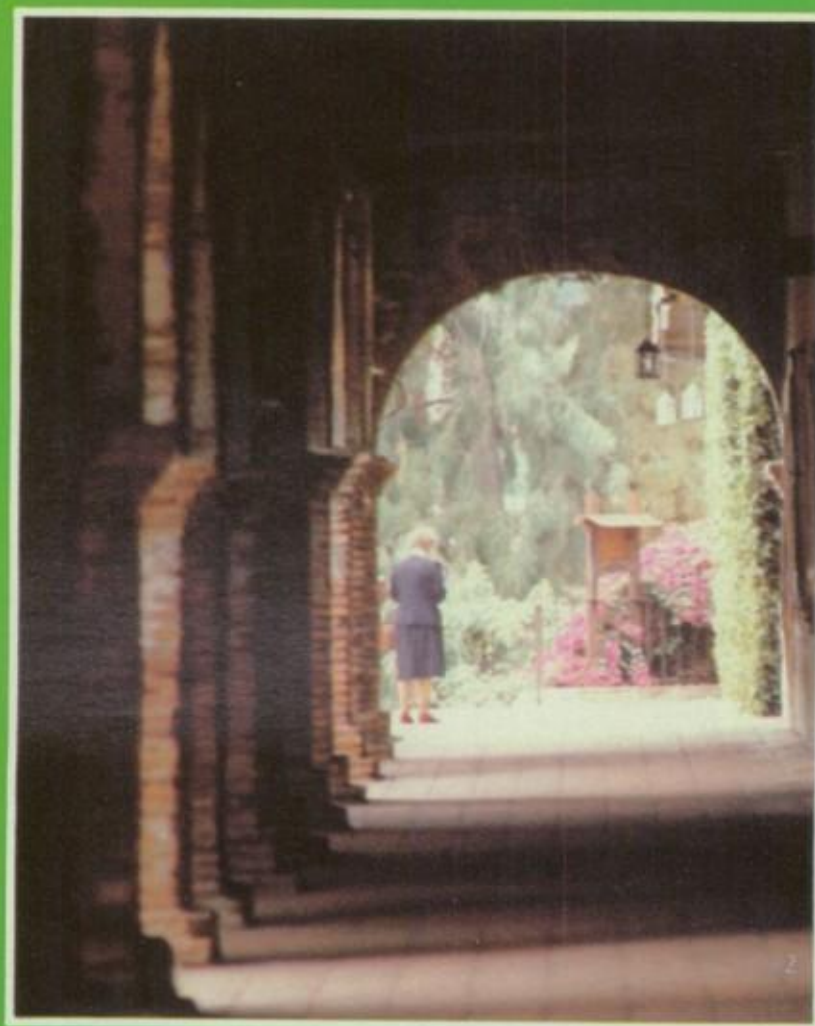
lots of love

see
you
soon

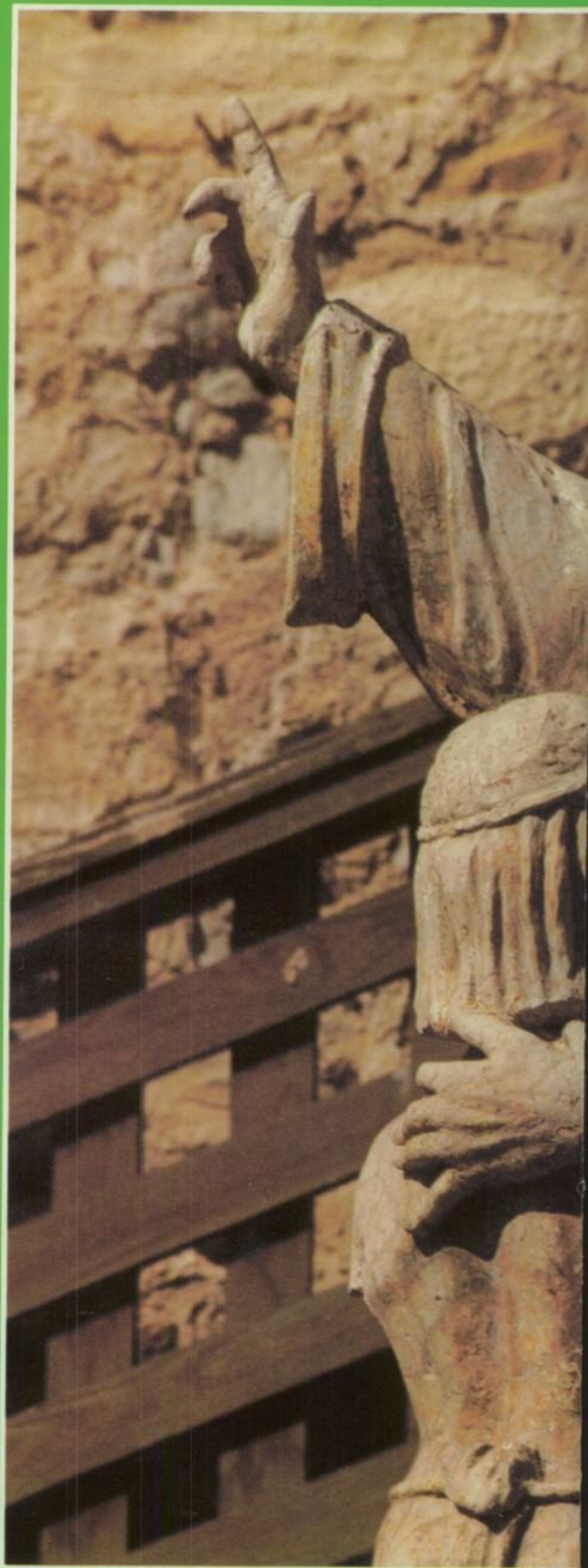


1. Community involvement is obvious as **Dennis Miller** earns extra money at a local Union station. 2. Lake Mission Viejo provides a beautiful setting for numerous community events. 3. San Juan Capistrano students on their way home after a day at the Old Mission school. 4. Filing is a never ending job as **Mike Miaolo** at the Felipe Tennis Center searches for member verification. 5. Gape students kick back after a hard day at the books.

SPARKLING CHRONICLES



1. Old traditions are reflected in this San Juan Capistrano site while new traditions are being made daily. 2. The Mission San Juan Capistrano provides a peaceful spot for quiet meditation. 3. The statue of Father Junipero Serra reminds us of our communities historical background. 4. The sparkling waters of the fountain at the Mission provides a haven for hundreds of local pigeons. 5. The Rancho San Juan Capistrano is still another reminder of our rich heritage.





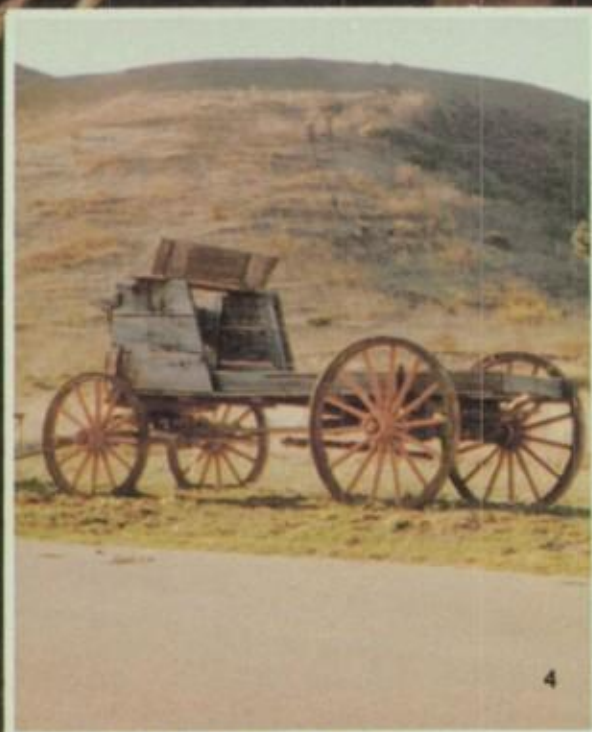
A NEW LOOK AT OLD SITES

By Andrea Carter



Early California history is not uncommon to the southern Orange County area of San Juan Capistrano, Mission Viejo, and Laguna Niguel. Capistrano Valley High School sits amidst many traditions and histories. The Juaneno Indian tribe, named after the Mission San Juan Capistrano, is unique to our area and among one of the few cultures which still exists as a positive expression of early history. The

mission itself is the site where Father Junipero Serra founded a community for the native Indians. Rancho San Juan Capistrano is more evidence that the past is not forgotten. It occupies prime acreage where local community groups gather. Still many more sites such as O'Neil Ranch create a feeling of tradition and history. It is fortunate that many of us can still observe and appreciate the past cultures providing a corner stone for our futures.





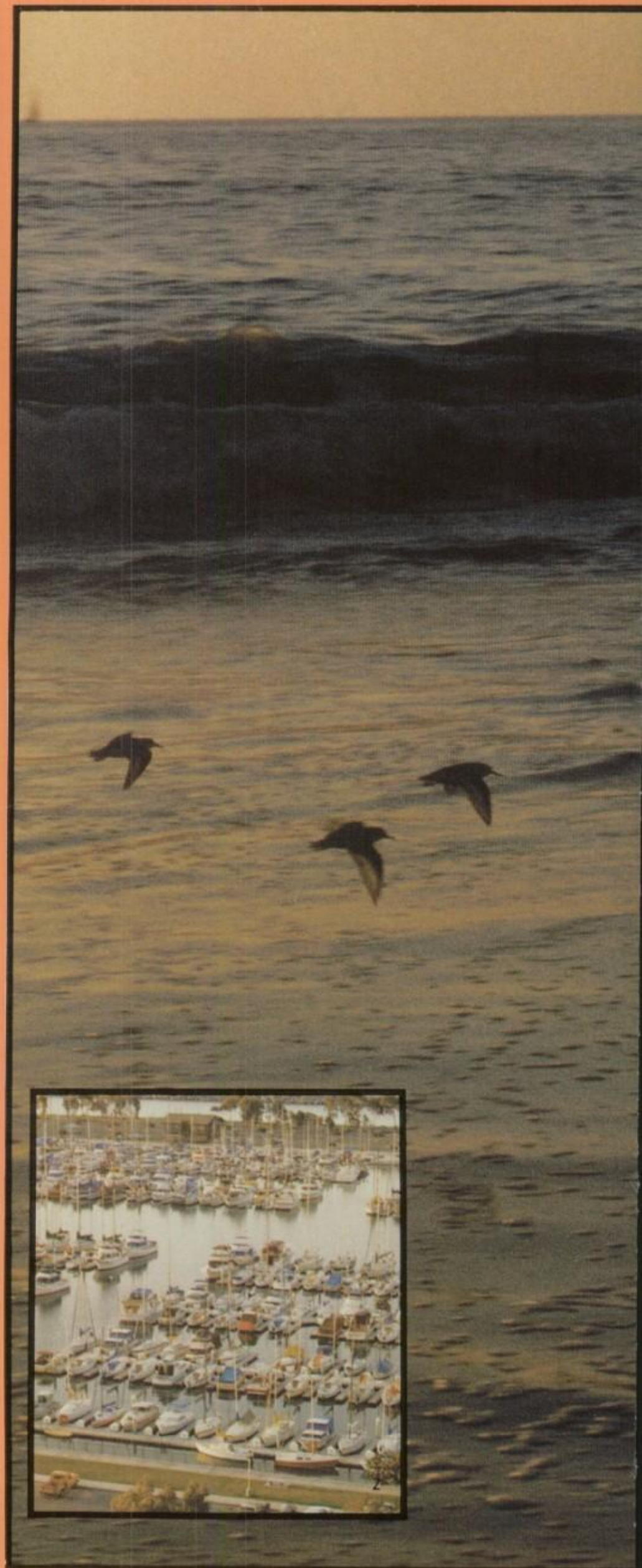
THE GLARE OF A NEW HORIZON

By Andrea Carter

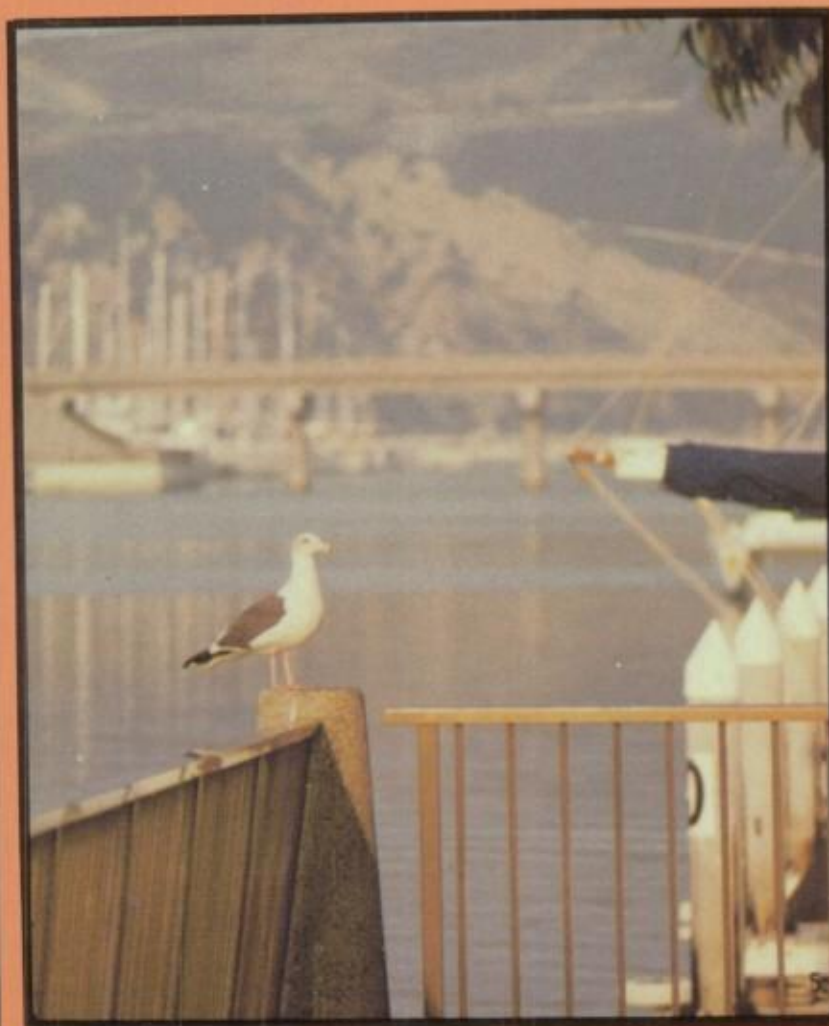
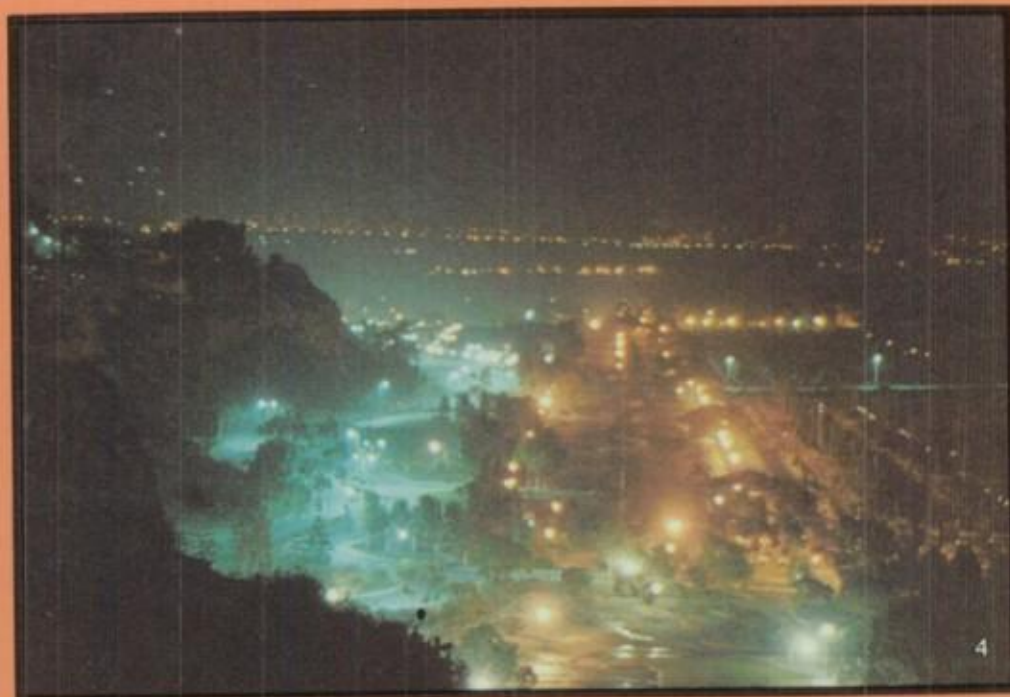
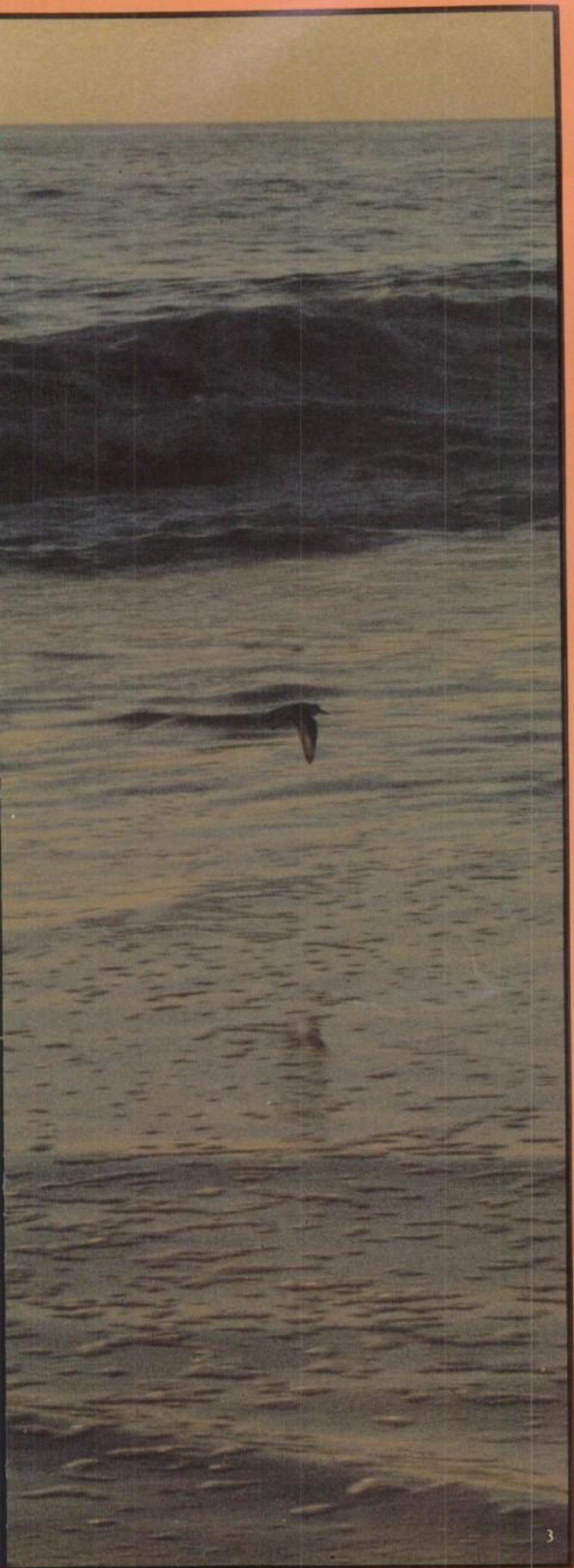


he aquatic environment invites many a student to bask in the sunshine. Such retreats from the everyday school friend provides rest and relaxation. Students swarm to the coast, riding the waves of beaches from San Onofre to Newport Beach. Many flock to the haven of Dana Point Harbor. The harbor incorporates many sports, giving each a variety to choose from. Sailing is an

established popular sport while others may prefer the newer windsailing or Jetskiing. Back on the sand, surfers enjoy the bathing beauties as well as bragging about their exploits at sea. Testimonies of different tanning methods often occupies much of the conversation. The coastal habitat which Cougars enjoy brings a welcomed pause before stepping once again on Capo Valley soil.

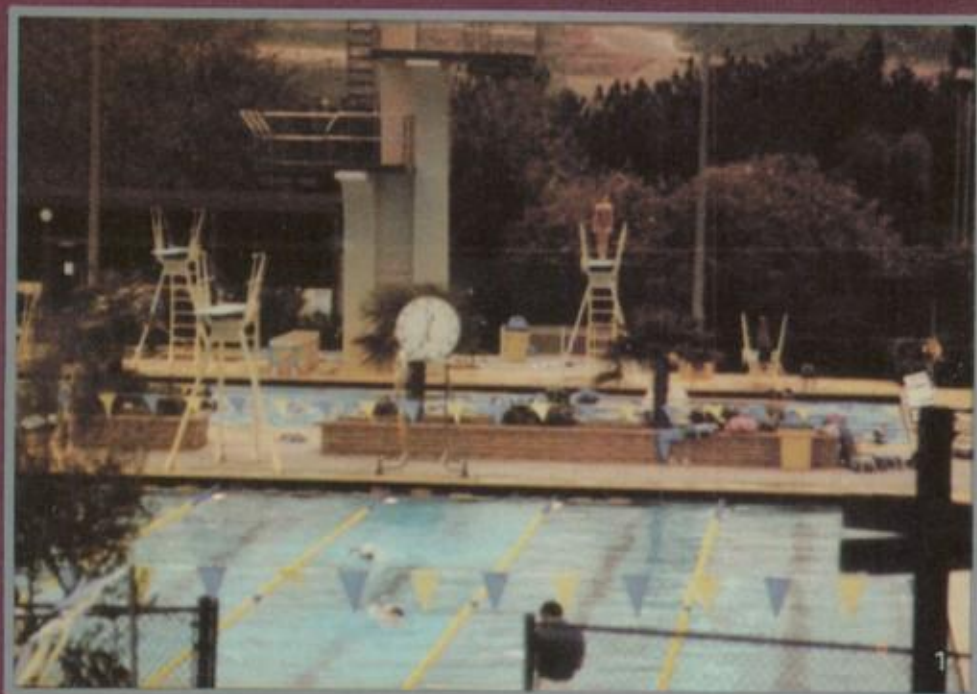


GLISTENING SANDS



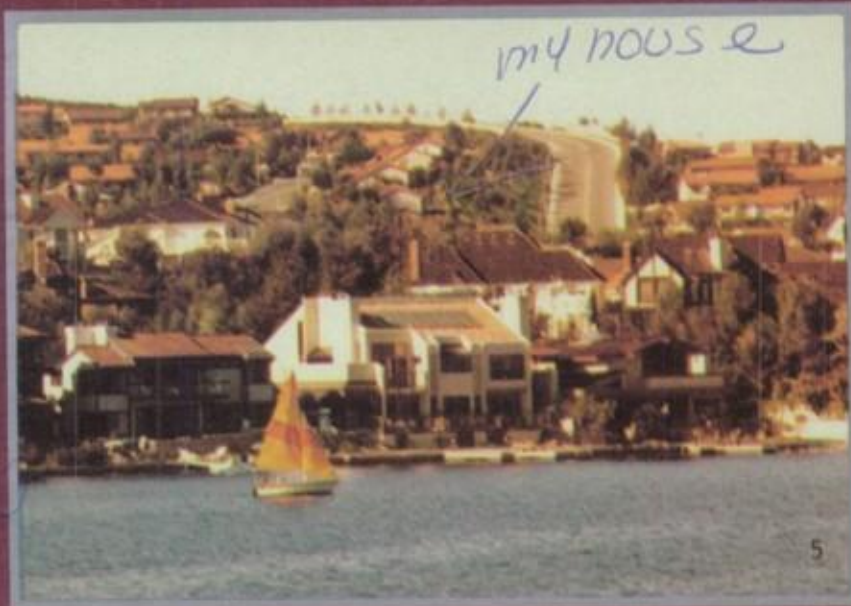
1. Shimmering reflections provide a serene atmosphere for Capo students. 2. Dana Point Harbor provides local residents the facilities for a wide variety of water sports. 3. Our southland beaches gives CVHS students the chance to relax and enjoy the many surfside activities. 4. Night fog hovers over Dana Point harbor as local youths shop and dine. 5. Another view of Dana Point harbor.

SHIMMERING DIVERSIONS



1. The Marguerite pool provides an aquatic training center for our local Nadadores swim team. 2. Physical fitness is utmost as Capo Valley student uses the facilities in the Marguerite weight room. 3. Lake sailing allows students as well as the community to enjoy the beautiful outdoors of Mission Viejo. 4. A possible career in pro tennis awaits **Steve Finden** as he sets up for a smashing return. 5. Docking one's boat is an easy task for those who live in the exquisite Tres Vistas homes on the lake.





SOMETHING FOR EVERYONE

By Darla Marasco

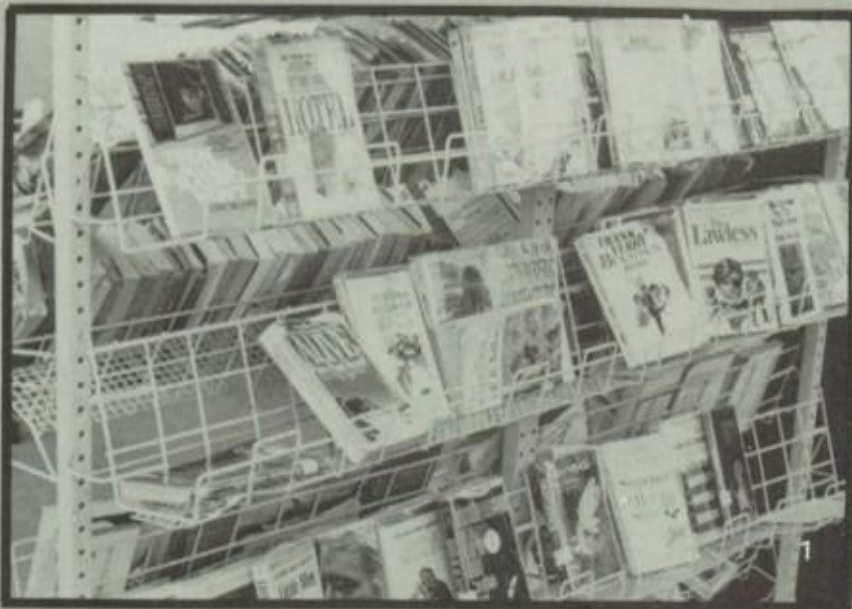


ports are a national pastime, and Mission Viejo is no different. The Recreation Center in Mission Viejo provides students with countless facilities specially for their favorite sport. Individualized courts for such sports as tennis, racquetball, handball, basketball, and volleyball abound in great numbers. Social events spark the interests of those not inclined to competition. Movies are shown, and the center also houses facilities which sell tickets to events happening around the

area. The center holds swap meets, a haunted house for Halloween, and a Santa Claus during the Christmas season, while St. Patrick's Day is welcomed with an elaborate parade.

Swimming seems almost second nature to the community.

The outstanding Mission Viejo Nadadores is strongly supported by our community and provides olympic training for future aquatic stars. The community embraces these institutions, encouraging the youth toward sports and its growing popularity.



DIVERSITY IS THE KEY AT THE MALL

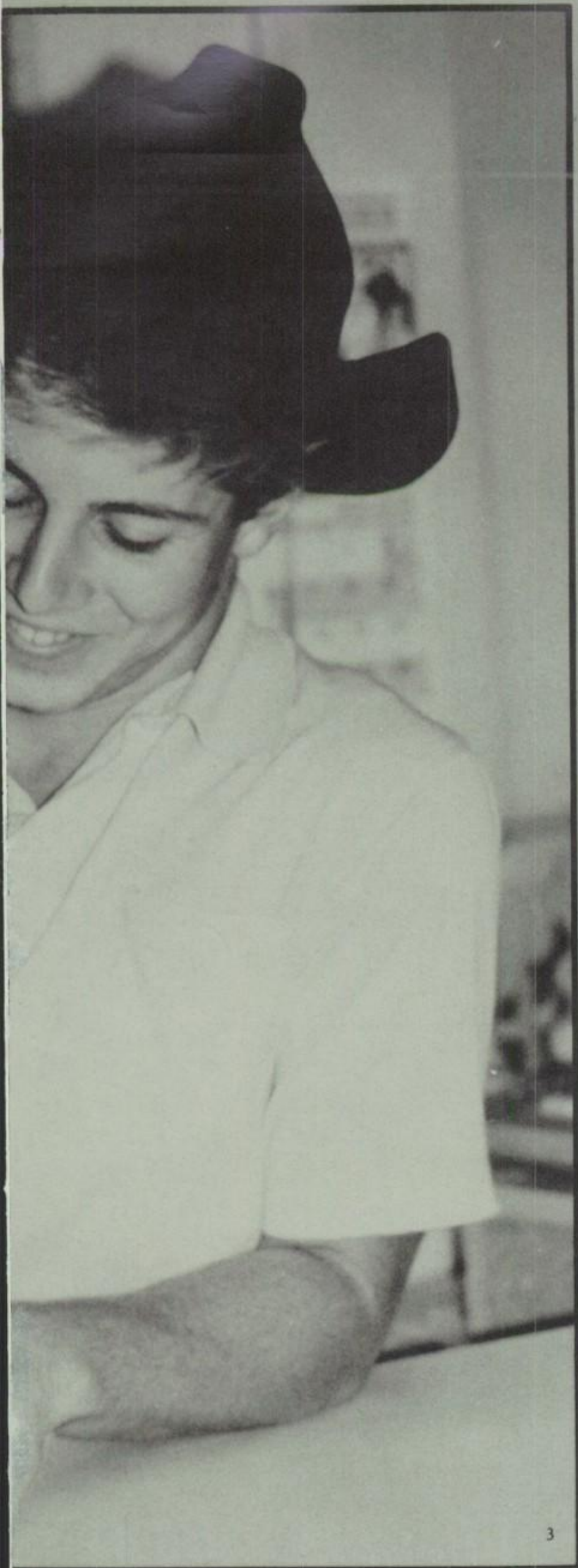
By Will Binder

Before, during, and after school, Capó Valley students can be seen in or around the various shops, arcades and restaurants located in the beautiful Mission Viejo Mall. This unique indoor mall comprises more than 120 stores ranging from the popular Contempo to Walden bookstore. Not only do Cougars leisurely lounge around this vast assortment of shops and eateries, many students are part-time employees in the various businesses

creating this congregation of cultures throughout the globe. The Mission Viejo Mall even has a three section movie theater which consistently supplies our community with the most up to date movies. So, whether you're in search of the latest in fashion or a new pair of Pumas, a quick snack of a delicious meal, a gift for Mom or the new best seller, or perhaps a hot date with E.T., followed by a delicious Brewer's Ice Cream, Mission Viejo Mall is for you.

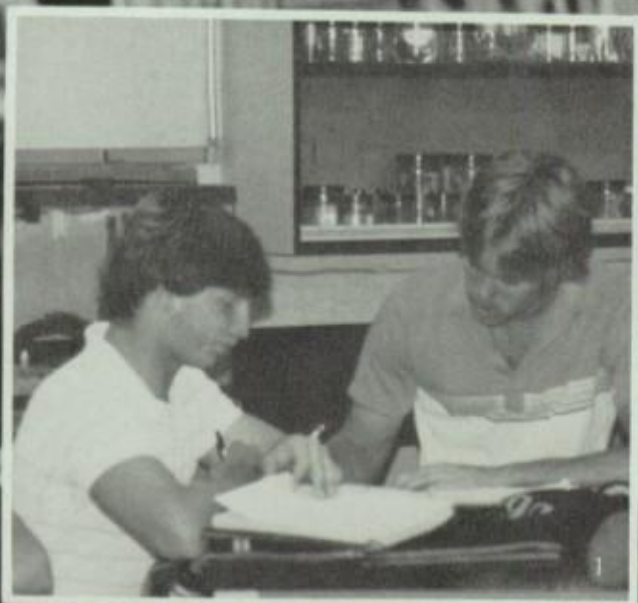


DAZZLING NICHEs



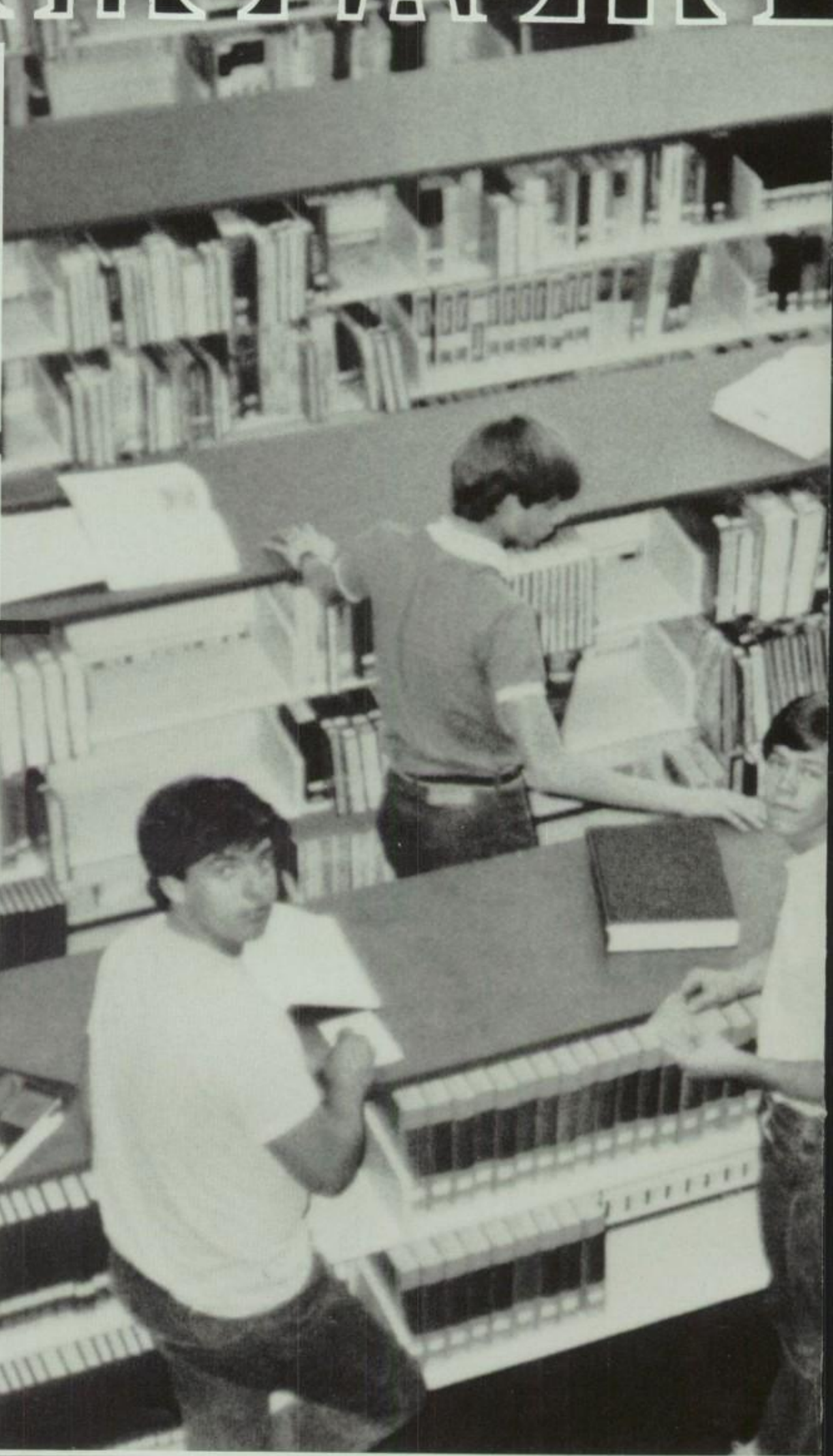
1. Mail booksellers allows students the choice of a wide variety of top best sellers. 2. Working at Orange Julius in the mall provides **Lisa Moncur** with the ever needed pocket change. 3. Jean's West provides **Ryan Ridill** the perfect atmosphere to enhance his experience in retail sales. 4. The sparkle of Rooter's gifts is always eye catching to Capo Valley students. 5. After school **Bryant Cook** exercises his animal training skills as an employee of Sunset House

SCHOLASTIC



A YEAR OF CHALLENGE

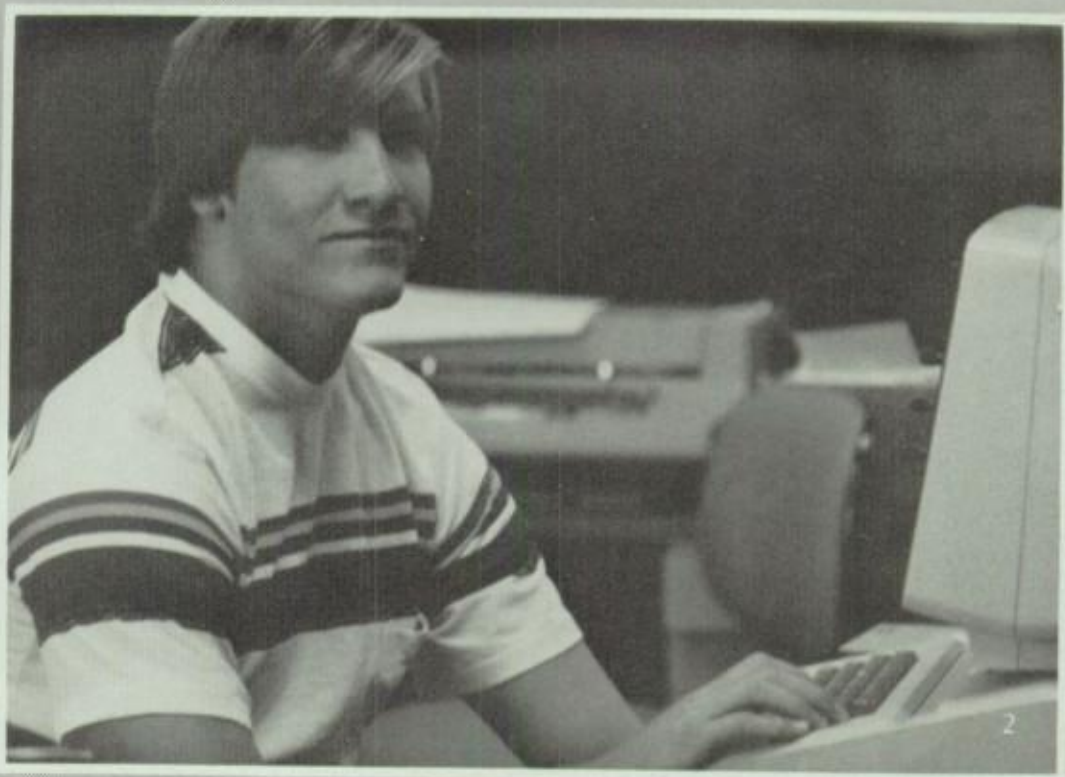
Academics at Capo Valley achieved new heights as students discovered the mysteries of the world as well as finding their own amazing assets. It was a year of challenge. Students were praised for their mastery of the many subjects. Enlightened individuals strained to receive their marks. Many a student found pleasure in researching the infinite marvels of the atom while others chose to create wonders all their own. Students took responsibility in maintaining high standards and although social activity became an integral part of student life individuals remained as studious as ever. They wrote compositions, interpreted poetry, unlocked the secrets of science, and surveyed numerical theories with zest. The familiar sound of classroom discussion abounded everywhere. Student opinions addressed a multitude of academic questions. As teachers stressed clarification on explanation, students learned the importance of expressing their ideas. At the year's end a hopeful group of individuals had advanced personal understanding and were prepared for the future.



PROFILES



1. Writing conclusions to a dissection lab, **Jeff McLaughlin** and **Shawn Kinsey** elaborate on frog anatomy discoveries.
2. The library provides a vast array of research materials for students in their pursuit of information.
3. **Joan Rapp** looks up educational framework for an optometrist on the career center projector.
4. Unable to feed themselves in their natural environment, a frightened pair of pelicans subsist with special care at Crown Valley Animal Hospital.



1. An eager **Carl Babb** helps students experience chemistry first-hand as he demonstrates proper methods for separating sulfur from a liquid solution. 2. Discovering geometric configurations, **Matt Keenan** pauses to inspect program accuracy on a school computer. 3. Newly introduced to the laws of physics, **Steve Shaughnessey, David Schulte, and Janet Schnitzler** listen intently to the day's lecture on the earth's gravitational pull. 4. A wall of technological machinery at the TM Cable studio awaits the fingertips of station employees, advancing the vision of the community. 5. Scribbling answers at a feverish pace, **Larry McLemore** concentrates on correlating triangles to discover a theorem's conclusion.



TECHNOLOGY:

The year witnessed enormous achievements in technological advancement. From space shuttle flights to the outer reaches of the universe to one-celled discoveries under the microscope students were exposed to a number of fantastic wonders recently uncovered by scientific revelations. The importance of high technology in the modern world was indispensable as students learned that the implications of computers would revolutionize society.

The massive informative stored by the knowledge machines prepared individuals for the lifestyle they would soon be leading. Special emphasis was given to accuracy and precise formulas, but students also evaluated the dehumanizing aspects of a computer-oriented civilization.

Motivated students undertook the responsibility to educate themselves on the importance of machines, their advantages and disadvantages. Courses control-

ling students under new methods continued to offer the individual insight into the innerworkings of scientific and mathematic research. Courses extended themselves to the operation of computers and management of precious funds. Introductory courses in business helped students understand the corporate character. Experience made students realize their potential and encouraged them to tackle the machine with inventive software. New terms permeated discussion



Fine-tuned methods mark discoveries

to add certain personality to the faceless little screen. Science awaited pupils with endless labs designed to shed light on anatomy and chemistry. Other individuals tried their talents in physics. Respect for man's ingenuity was realized through the efforts of students, demanding current information, hoping to invent theories of their own.

Instructors lavished attention on the hard working who devoted endless hours to study. The

teachers were swamped with information and had only so much time to relay it. Research methods opened up various avenues for students interested in the more obtuse attitudes in modern science. Techniques were introduced with utmost care as individuals stood on the brink of a fantasy becoming a reality. With constant drill and practice students were whipped into shape. They progressed to a high level of comprehension and theorized with rationality.

Students saw the movement in technology and were amazed to find themselves integral parts of the mechanization. They discovered an immense amount of information that was to advance ideas and conditions for years to come. Through the foresight of Capo Valley to bring to its population special equipment ensured the school's support in training individuals for a complex existence. A positive outlook marked students for success in their pursuit of technological excellence.



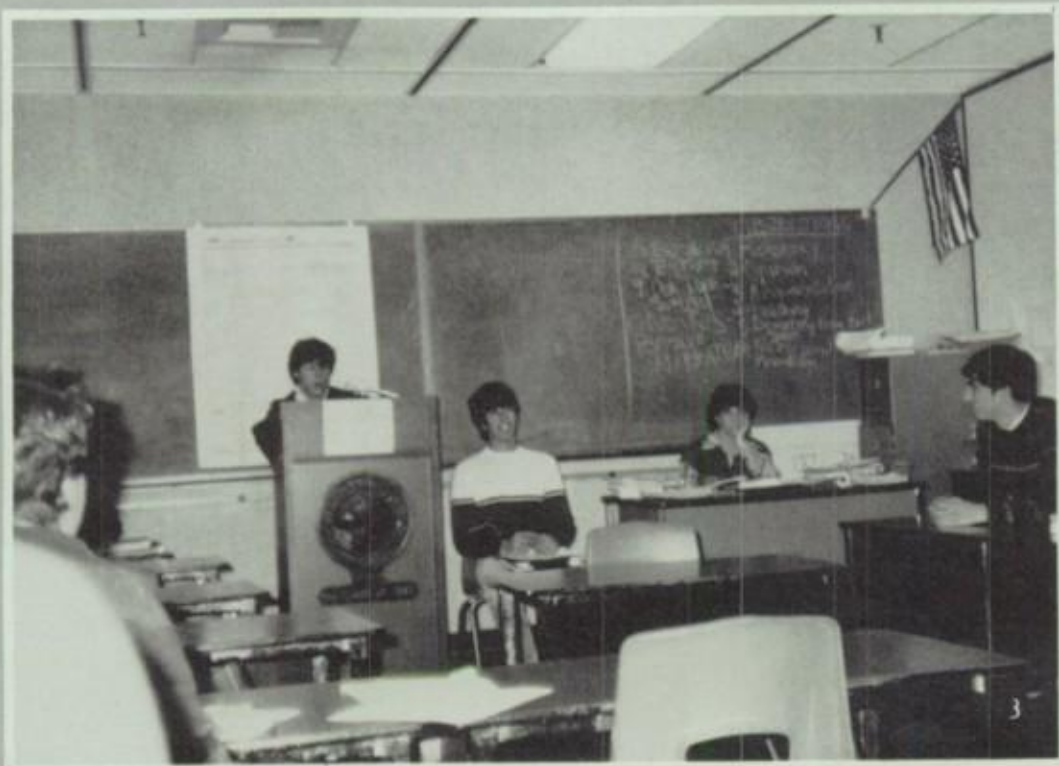
CONTROVERSY:

During the 1982-83 season students were influenced by the ever-changing world that seemed to shift and whirl at an exhausting pace. Morals and mysteries, cruelties defying the harsh realities of the world, vied for attention and students were encouraged to develop a sensitivity and philosophy that would allow them to deal with the questions and decisions affecting their livelihood. Students paused to glean a multitude of theories, opinions, and authoritative configurations of right and

wrong. Individuals were encouraged to learn about the never-ending issues that would determine not only their single destiny but that of the world at large.

Instructors stressed the importance of weighing the pros and cons, debating ad infinitum. Students were continuously arguing about woman's rights, nuclear weaponry, college funds, issues that continuously perpetuated into classroom activity. Discussions spearheaded a slew of pertinent topics, demanding inspec-

tion and finally choice. And not every student felt the same way about any given issue. Seniors enrolled in CWP and American Government courses were faced with such moral questions as the draft and future employment in an eroding economy. Juniors and sophomores studying history were introduced to world conflicts that plagued society more than 150 years ago and still find prominence in every-day discussion. Freshmen were exposed to anthropology, sociology and psychology. Such subjects exercised



1. A postscript to tragedy, three maimed pelicans huddle close for comfort at Crown Valley Animal Hospital after being victimized by an anonymous sadist in Dana Point. 2. **Ed Dunevant** learns kitchen protocol in Survival of Singles class which encourages students to develop skills for independent living. 3. Listening to "defendent" **Tony Powell**, "judge" **Troy Bryans** weighs present testimony as the S.O.S. class of Deana Pietrantonio enacts courtroom drama. 4. A group of avant-garde students display fervent adherence to fanatic fashions. 5. Career Guidance technician **Jean Hunt** prepares for anxious students pondering future occupations at Capo Valley's Career Center.

Opinionated action influences decisions

the immature theories of the ninth-graders. The progression to a choice was never easy and students vacillated between what they themselves desired and the desires of their peers.

Coursework instructed students in single living and how to deal with problems once they had left the security of their home. Teachers constantly challenged the thinking of their students through class debates and discussions. Decisions concerning future careers and family planning were also of

importance to the concerned population. Instructors were constantly plagued with the problems of influencing the young people. Fortunately Capo Valley seemed to produce a stable group of students who, although unsure about many aspects of life in general, treated their decisions with utmost care, remaining prideful in their individualism.

Growth almost always connotes disparity and confusion, but despite the fears teachers and students reached a happy medium

of understanding. Controversy dictates argumentation and sometimes students disagreed with one another on the morality and ethics of a certain issue, but careful instruction, analization, and experience allowed individuals to realize the importance of their decisions. Capo Valley prided itself on giving students the chance to voice their opinions and theories, preparing them for the life before them.



1. Dancer **Julie Rivier** interprets a musical composition, inspiring other students to follow her direction. 2. Encouraging a shy pre-schooler to join her crowd, **Cindy Cook** and **Patty Deleone** assume the responsibility of guiding a younger generation. 3. Consumed with creative zeal, **Kerri Boswell** brushes color and life into an expressive drawing. 4. Newscasters **Lion Jacobs** and **John Griffin** exude broadcasting qualities on the TM Cable High School Spotlight, a program which allows high school students to inform the community of campus activities. 5. Singing nostalgic melodies, the Acappella choir entertains an enthusiastic crowd at a school concert that conjures up sweet visions of the past.



COMMUNICATION:

Communication is perhaps the single most important resource within the scope of human existence. It is the exchange of ideas, theories, inventions, and expressions. It is part and parcel of the unique make-up of mankind. How individuals reveal their thoughts and feelings is just as important as the thoughts and feelings themselves. The methods of expression continue to diversify, regroup, continually perpetuating the sensitivities. Images and sounds mesh together in a harmonious disunity. Each ex-

pression finds an outlet and is consumed in creativity.

An endless stream of imagination rises and falls in the winding river of instruction. Students convey their ideas through any number of creative endeavors. Capo Valley is forever supporting artistic fantasy. Countless pupils flock to the art classes, hoping to refine their talents. English classrooms abound in discussion dealing with each author's connotation and audience response. Interpretation leads students to construct

independent frameworks expounding their knowledge. Journalism and the student newspaper provide the opportunity for individuals to bring current events and important issues to school level. Music excites and enlightens. Students read music with a passion, heightening the composer's intentions. Many individuals enjoy adoption of a new language. They find a challenge in a different country's conversation. More importantly students have a vast variety from which to choose. It is easy for many to be-



Creative ideas assume expression

come efficient in a number of skills, rendering each an expert in communication.

Teachers respond to the intense concentration students display, interacting with one another. Instructors encourage unique approaches to expression and continually diversify coursework to allow students fresh views of the subject. Much importance is placed on student clarification and the response of his peers as a measure of his success.

The challenge encountered in

describing the abstract character of human impressions are not easily overcome. The task is never-ending and many times students grope for a concrete method of explanation. The successes over-shadowed the failures but each experience enlarged the perspective of the growing individual. Myriad images continually heightened the disposition of the student body. Recognition for their achievements in such diverse areas were granted at the end of the year in a ceremony for honorable students.

Student energy was consumed by the difficulties each individual encountered while creating a mode to communicate his thoughts. Prepared to define their meaning, students reserved the right to designate their own interpretation to distinguish themselves from an anonymous crowd. They enjoyed the freedoms of choosing the medium they felt most satisfied with, and became charged with ingenuity.



INTROSPECTION:

Individual study is regarded with respect and reverence at Capo Valley. The future holds promising aspects for the individual, and in a life of choice and decision, reliance on the self is given special emphasis. Indeed, we must recognize the individual feats of those who set goals for themselves and constantly surpass those goals. A sense of achievement shapes and molds the personality with self-confidence. An otherwise average student reaches a higher poten-

tial when recognized for a specific talent he or she has cultivated. A student grows and matures to realize his limitations, but as a responsible, understanding human being he can gain a mature disposition concerning his welfare and the welfare of others.

Such courses as the Regional Occupation Program, Work Experience, and the Resource Specialist Program provide responsibility for the students. Individuals are taught by instructors but are con-

stantly influenced by the surrounding environment. Students work without the constant bark of the teacher and the confines of the classroom. Instead, they expand their knowledge through experience. That is not to say that instructors do not exist, but certainly students progress at their own level and pace, not as a member of a large and expanding unit.

Personality and a sense of independence encourages students



1. Calming a confused student, SDC instructor **Mike DeGeer** emphasizes personalized methods for developing better study habits. 2. R.O.P. Animal Care student **Paul Dornaus** studies the surgery techniques of D. Wayne Rosenkrantz at Mission Viejo Animal Hospital. 3. Diligently researching for a project on Ernest Hemingway, **Howard Fultrost** helps himself to the resources at Saddleback College Library. 4. In Capo Valley's Career Center **Stan DeMaggio** and **Bob Cast** discuss Cast's job opportunities in the field of auto mechanics. 5. **Jeff LaRusso** analyzes statistics for independent study with the help of a microfiche reader in the media center.

Individual experience provides impetus

to embark on a series of excursions where they learn what motivates them. Once in a position to regulate their lifestyle individuals seek activities and methods of learning to suit their specific needs. They are encouraged to become assistants and aides in various occupations to taste and sample the pleasures and pains each profession has to offer. School becomes a positive force in helping the student find employment and take on responsibility. Students approach their

problems with an independent sensitivity to surmount their shortcomings.

In understanding their own particular wants and needs they find themselves exceeding beyond the limits they once thought impossible. They mature with a self-confidence and rigid determination to seek the best opportunities with learned advantages. They were raised to a new consciousness, discovering untapped resources with which to travel the

road to success.

Eager to interact with others in a spontaneous atmosphere filled with ideas, students need not struggle through the creation of their own ideas. They conquer goals with renewed energy. They have already overcome the fear of acting on their own. They can look inside themselves and see a responsible human being capable of affirmative action at a moment's notice.

MULTIPLE



IN SPARE TIME

Through the years each individual realizes a talent which makes them special. Seeking our specific interests students worked alone or with others to reach their goals. The clubs on campus provided time for students to grow and refine their skills. The clubs combined intelligence, logic, ability, and coordination. Students spent their spare time improving themselves in diverse areas. People quickly made friends with the same interests whether activities included skiing down snowy slopes or cheering on Cougar athletic teams with relish and vigor. Outside hobbies and academic abilities brought people together and enhanced the "Club" experience. Each individual took a positive step into the future, remembering the exciting moments of the past.



IMAGES



1. Pep Club members are led by **Lisa Vargo** and **Amy Chaska** as they cheer on the Cougar football team at an outdoor pep rally. 2. Arrogance prevails as Croquet Club members proudly display their awards. 3. Watching their fellow cheerleaders **Michelle Fosdick** and **Missy Luebke** show their support with applause. 4. See no evil, speak no evil, and hear no evil is the credo for these virtuous Capo students.

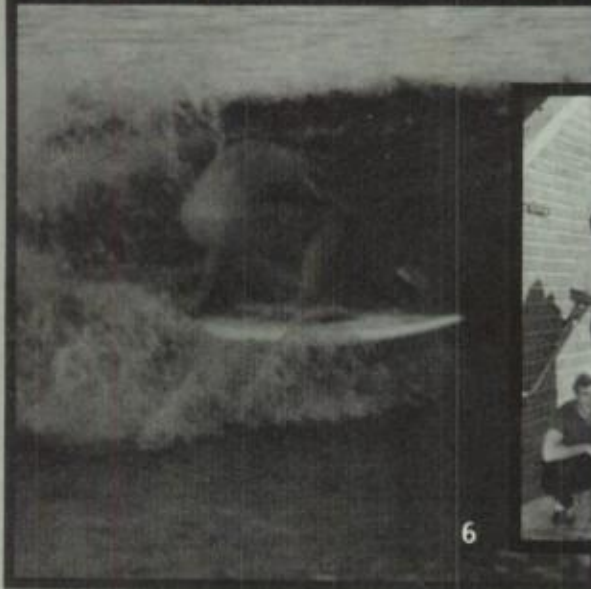


1. **SURF CLUB:** Front row - Beach blanket bingo rah-rahs, 2nd row - More female supporters with Mr. Jay McIlwee on the end as advisor; 3rd row - Mr. Bob Nealy, J. Andrew, S. Shaughnessey, D. Hunter, P. Boyd, T. Braun, B. Cook, M. Soto; 4th row - G. Margolis, P. Briggs, M. Davin, T. Ige, S. Kennedy, P. Faanes, D. Shulte 2. Paying close attention to Advisor **Bob Nealy**, Surf Club members gather in corner to plan a meeting time. 3.

SHUTTERBUG: Front row - C. Nelson, W. Casper, T. Chollar, J. Boyd, J. Daniels, G. Hull, R. Cramer, Y. Sovronik, T. Epperson; 2nd row - T. Angell, K. Haven, G. Margolis, M. Fontaine, R. Shuman, S. Richardson, J. Hong, M. Holmes, M. Ahern; 3rd row - L. Stiglbauer, G. Heinaman, J. Collins, R. Vanhouten, V. Riegling, S. Lipnick, L. Draney, L. King, J. Browne, Mr. Jay McIlwee; 4th row - M. Black, A. Macko, M. Mezo, T. Cukrov, A. King, K. Zimmerman, J. Hayes, S. Shaughnessey, D. Nordman; 5th row - P. Wend, D. Argentar, S. Parker, D. Donner, D. Collins, B. Jenkins, M. Rapp, D. Ward; 6th row - S. Stead, L. Wortman, C. McGuire, S. Pipe, S. Reynolds, R. Willis, R. Powell, C. Yohm, C. Paradzick, C. Wilchek, R. Crawford, C. Druckery, C. Martino, S. Smith; 7th row - B. Hibbs, T. Wing, A. Kennedy, J. Kerfer, J. Faanes, M. Talbott, A. Tomich, L. Sekeris, R. Baker, J. Razee, D. Franklin, G. Moleman, R. Greigo 4.

After a long day tackling the slopes, **Lisa Sekeris** and **Andrea Tomich** relax in front of the fireplace. 5. Members of the Croquet Club plan strategies at lunch for the afternoon game. 6. Tackling the waves, **Peter Boyd** practices his technique at Salt Creek before school. 7.

SKI CLUB: Front row - D. Franklin, J. Andrew, K. Koch, J. Weinrauch, C. Coutlee, W. Day, S. Fishbaugh, K. Gude, L. Sekeris, M. Holmes, Mr. Bob Nealy, A. Tomich; 2nd row - S. Campbell, J. Miller, S. Cassaro, S. Swanson, M. Soto, P. Boyd, J. Reynolds, J. Niccoli; 3rd row - J. McCall, S. Currie, M. Koczela, G. Margolis, S. Barton, L. Americh, S. Shaughnessey, C. Bailey, S. Smith, J. Browne, J. Hong, A. McKeever, S. Schannep, L. Long, Mr. Jay McIlwee; 4th row - E. Johnson, M. Schuh, R. Bellis, J. Wright, S. Harwood, J. Hoffart, S. Parker, H. Saxe, C. Beglin, L. Draney, L. King, L. Pike, J. Kennedy; 5th row - R. Buck, S. Fee, J. Demsey, L. Fiola, G. Sherburne, E. Kenyon, M. Talbott, G. Heinaman, L. Wortman, S. Stead, S. Cussen, K. Peterson, K. Brown, F. Banda; 6th row - S. Glassman, D. Sedgwick, T. Thibedeau, D. Mulder, S. Richardson, D. Kummerfeldt, M. Davin, J. Russell 8. Observing the photo, **Lisa King** receives words of wisdom from Mr. **Jay McIlwee**. 9. **CROQUET CLUB:** Front row - K. Brown, S. Townsend, J. Mansukani, J. Richie, R. Bellis, S. Finden, M. Davin, J. Russell; Back row - B. Molina, S. Modory, J. Niccoli, M. Vigil, S. Parker, R. Lanham, Mr. John Gipe, D. Sedgwick, J. Chaska





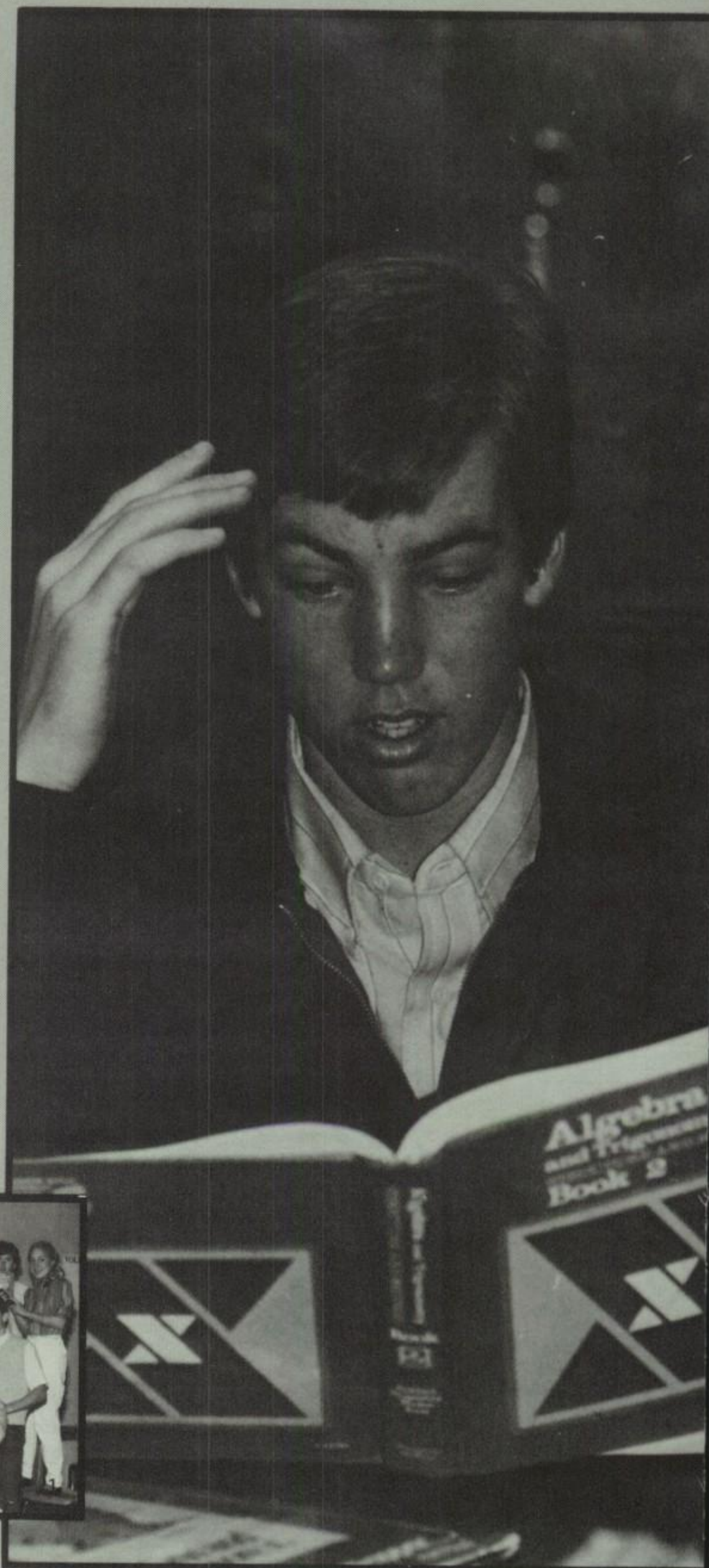
Personalities In Motion

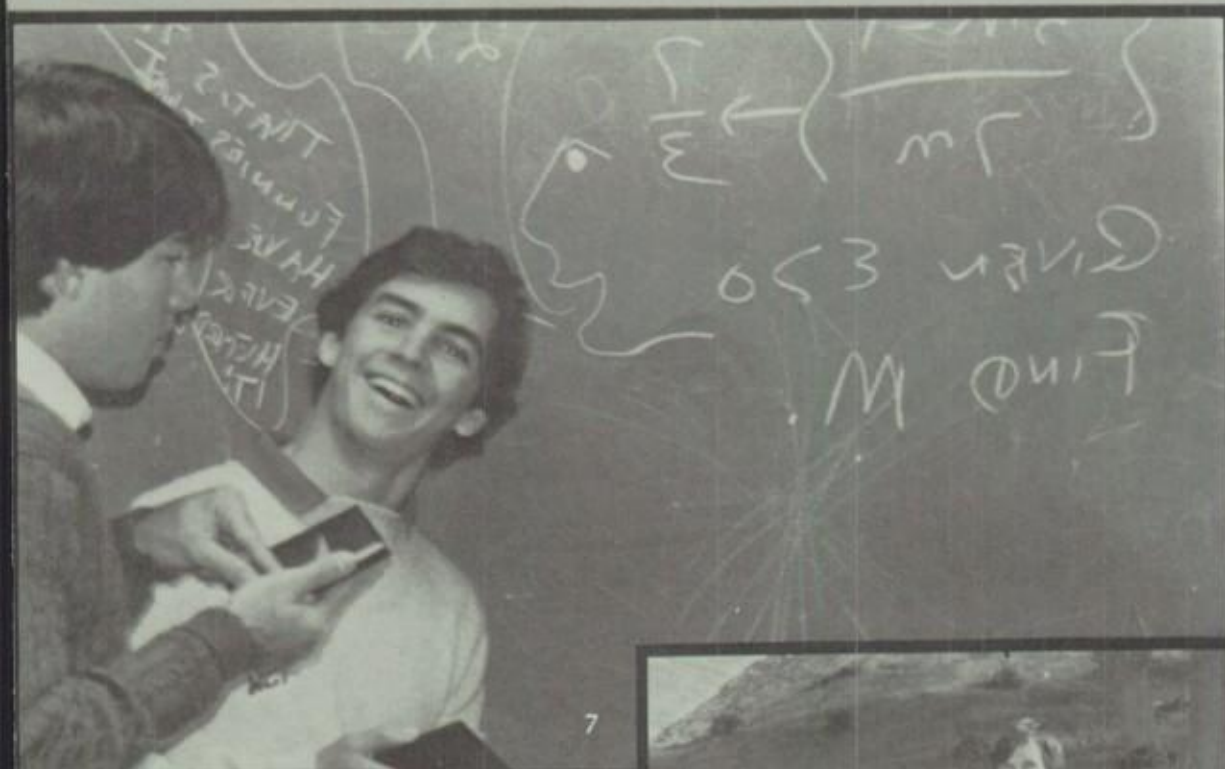
Capistrano Valley promoted four clubs concentrated on individual participation, all of which gave each student an opportunity to focus on his capabilities. This year students were provided with various functions allowing them to be exposed to new experiences. The Ski Club participated in various trips including Mammoth Mountain, Lake Tahoe, and Utah. Members actively involved concentrated strongly on improving their techniques and knowledge as a skier. Being part of Orange County Exploring Program, skiing students were exposed to new adventures. Photographers involved in the Shutterbug Club were allowed to focus on the many aspects of taking pictures and developing them. Field trips planned to numerous locations gave each student photographer the chance to shoot different material. Surf Club rode a wave of enthusiasm with Mr. Nealy as advisor. Concentrating on a physically active sport, one acquired a professional technique and style. Weekend excursions involved discipline combined with fun. The brainchild of John Gipe, the Croquet Club, finally became a reality this year. Members of the Croquet Club had to be senior athletes with two letters and at least a 3.0 GPA. Students worked with the United Way and the Special Olympics to raise money. Naturally, their attire consisted of knickers, sweaters and caps. The club met weekly to compete with other schools. All of these clubs have given each individual involved the opportunity to act as a responsible human being in a social institution.



Brilliance Of Combined Minds

Strategy demands quick thinking and calculated decision-making. It involves logical, orderly, and precise direction. Students possessing intelligence must learn to shape and refine their thought processes. It is important that an individual sharpen his sensibilities and one may do so through any number of the respected clubs on campus. They provided a unique atmosphere in which students competed with themselves, fellow students, and students from other schools. The Math Club supervised by Habib Mohit provided students with an awareness of special talents in problem solving, helping them master techniques which will become indispensable in the future. The Math Club also sponsored a tutoring program to aid distressed individuals who required their assistance. Problem solving was also a key element in the ever popular Chess Club. Skill and talent in the age old game prospered with the diligence and concentration so characteristic of Chess Club members. Advisor Eric Patton provided professional assistance as the Chess Team continued its pursuit of excellence in its demanding competition. The Academic Decathlon members concentrated on a diverse range of subjects, completing the final competition with countless honors. The teams practiced with exceptional vigor to capture top honors in Orange County trials. With careful execution and planning the Mock Trial Club constructed a flawless case to present at the courthouse in Santa Ana. With success because students were diligent and responsible, creating a professional aura of strategy. Each individual strengthened his level of intelligence while a member in such clubs, planning their strategy to



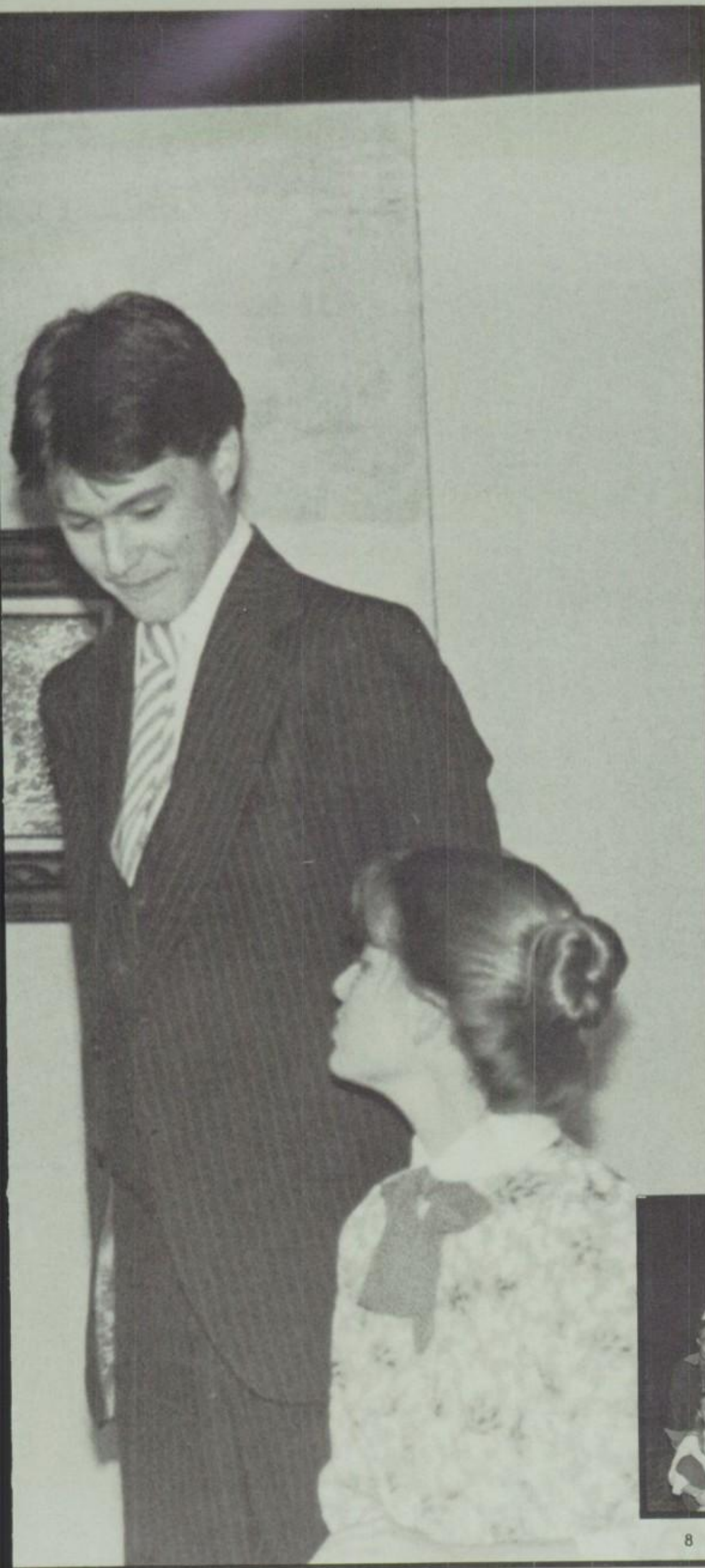


1. MATH CLUB: Front row - E. Poon, S. Butts, L. Day, A. McKeever, S. Catino, L. Pike, K. Gude, B. Trottier; 2nd row - B. Molina, M. Hardy, S. Townsend, J. Griffin, S. Watson, P. Briggs, S. Harwood, R. Bells; 3rd row - C. Whitenack, H. Poon, J. Niccoli, S. Modory, S. Glassman, D. Kummerfeldt; Back row - M. Davin, L. Gill, S. Cussen, M. Magney, T. Henry, Mr. Mohit, J. Kennedy, K. Sykes, R. Buck **2.** Finding an unsolvable equation, **Sean Cussen** resorts to the back of the book for the answer. **3.** Members of the Academic Decathlon practice strategies on the quiz-o-matic during an after school meeting. **4. Kristin Kehle, Donna Franklin and Don Deleva** argue over mock trial discussion at the Santa Ana Court House. **5. ACADEMIC DECATHLON:** Front row - P. Sakuri, B. Molina, J. Sprouse, F. Gonzales; Back row - Mr. Pat Levens, C. Whitenack, S. Modory, M. Rondeau, J. Pitsker **6. MOCK TRAIL:** Front row - S. Modory, K. Brown, R. Angell, B. Cook; 2nd row - R. Griego, S. Atcha, D. Franklin, Ms. Sue Rader, M. Kosmowski; 3rd row - J. Dobkins, G. Cox, K. Gude, K. McDonald; 4th row - K. Julian, R. Friess, S. Finden, J. Ritchie, M. Busby, R. Baker; Back row - T. Bryans, J. Chaska, L. Jacobs, K. Kehle, D. Deleva, D. Smith **7.** As the bright idea sparks his mind, **Troy Watson** laughs as his friend **John Griffin** struggles on. **8.** Overjoyed with his brilliant move, **Sean Lowe** shines a smile to show his satisfaction. **9. CHESS CLUB:** Front row - Mr. Patton; Back row - J. Bailey, S. Lowe, M. Zintl, C. Rose



1. Working for the newspaper, **Terresa Sadowski** types her article for the next issue. 2. **KEY CLUB:** Front row - D. Dahlberg, L. Campbell, J. Anderson, F. Gonzales; 2nd row - L. Moncur, L. Riedl, H. Poon, S. LaFontaine, A. Tomich; 3rd row - L. Wen, E. Poon, L. Sekeris; 4th row - C. Wallace, H. Fulfrost, J. Hoffart, M. Schuh, P. Hoffart, K. Sive, C. Han; 5th row - J. Griffin, S. Modary, T. Watson, D. Han; 6th row - E. Jensen, C. Begin, L. Tan, J. Morgan, L. Pike; 7th row - K. Sykes, T. Webb, C. Carnesale, S. Casey, J. Johnson; 8th row - R. Buck, H. Saxe, S. Schiebert, N. Ryan, N. Ramirez; 9th row - M. Holmes, J. Screeton, S. Kellogg, E. Gomez; Back row - R. Bellis, K. Kingston, G. Black, Mr. Ken Sayles, S. Harwood, S. Cussen 3. **NEWSPAPER:** Front row - C. Acosta, T. Newhouse, B. Thompson, K. Gallagher; 2nd row - L. Tan, G. Carter, J. Knight, T. Sadowski, S. Currie, M. Ferrara; Back row - Mrs. Karen Winn, V. Levotch, L. Draney, R. Fike, S. Culpepper, J. Miskevich, S. Fosdick, D. Nama, G. Jones, B. Tucker, S. Becker, J. Kemper, M. Cobb, P. Huddleston 4. Rushing to meet the deadline, **Jane Knight** steps up her typing pace. 5. Appearing on High School Spotlight, **Shehnaz Atcha** and **John Griffin** project their broadcasting talents. 6. **BROADCASTERS:** Front row - T. Sadowski, Mr. Pat Levens, S. Atcha; Back row - L. Jacobs, J. Griffin, J. Carter 7. Discussing the plans for the bowling fundraiser, Key Club representative work together in the morning meeting. 8. Studying lines for the soon to be play are **Mike Burgess** and **Andrea Carter**. 9. **DRAMA CLUB:** Front row - A. Carter, G. Zaura, M. Burgess, S. Jones, K. Britton, A. Hayes; 2nd row - G. Jones, J. Zaret, E. Ursino, J. Ritchie, V. Bastien, W. Brandau, L. Kettlehut, C. Novorr; Back row - C. Guerrero, L. Stubbler, C. Rose, M. Lambrecht, T. Bryans, J. Cox, Mrs. JeJe MacDonald





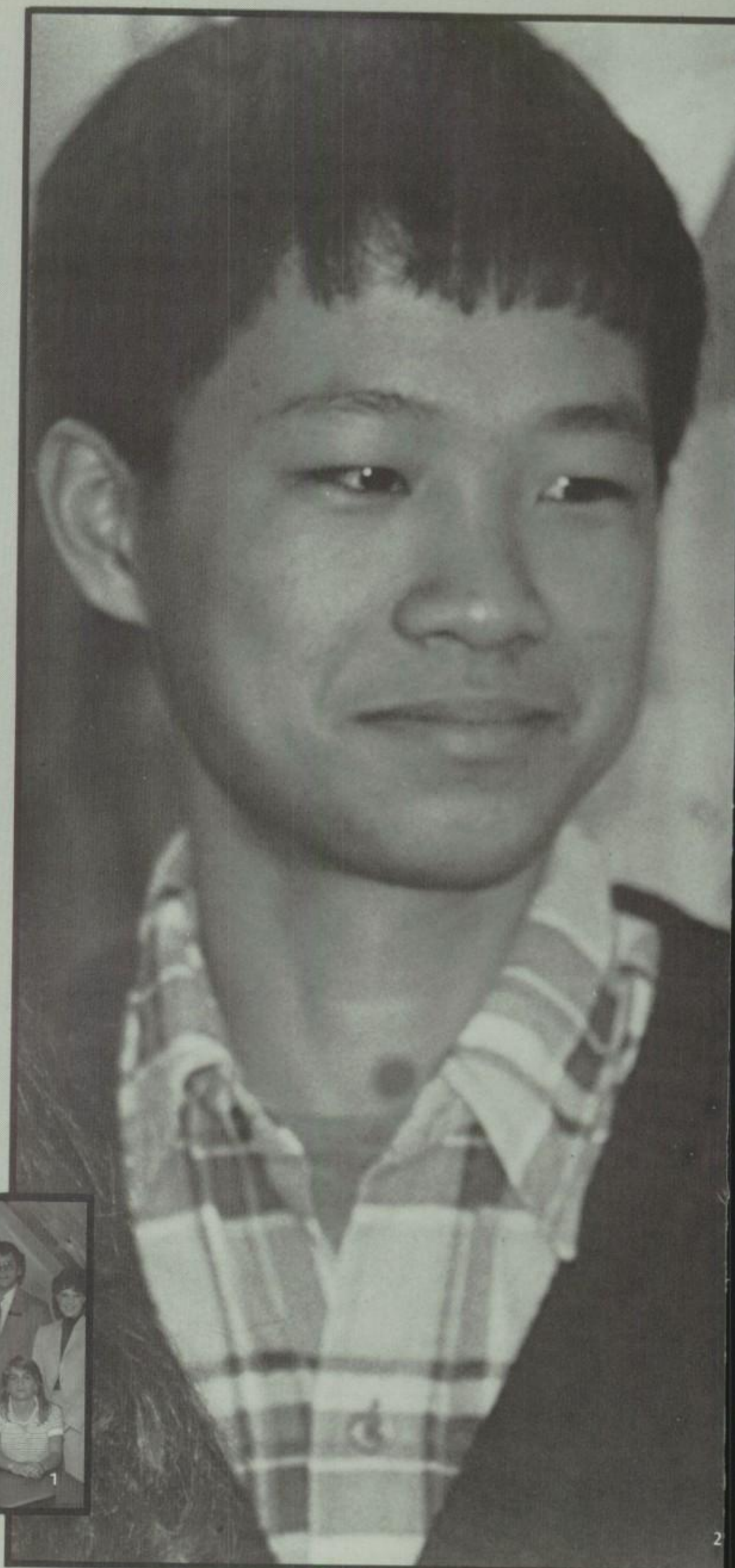
Messages Of Importance

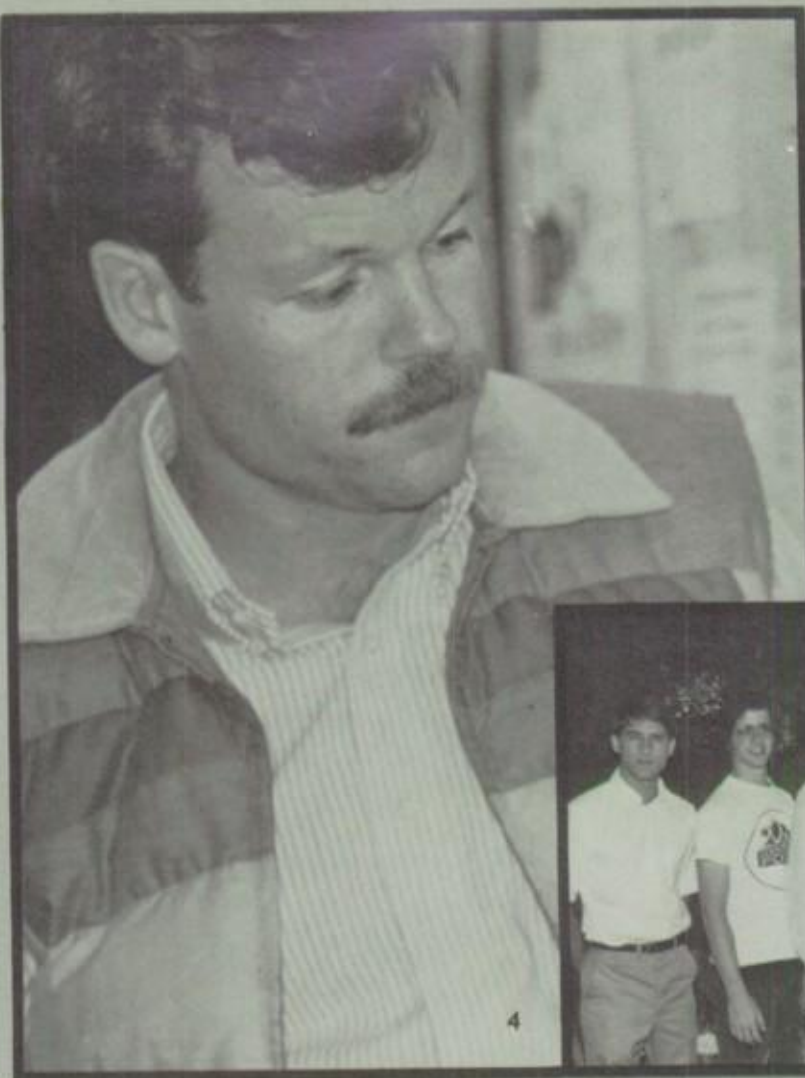
The ability to communicate with fellow students and the outside world is an important part of education. The students at Capo Valley have discovered means of relating hopes through the organizations at school. Dedicating time to special talents, students communicate through their interests and character. Often actors and actresses perform for viewers in order to leave them with a strong impression of an idea. Talented writers organize and construct words with hopes of enlightening the reader of important issues. Individuals can find means of expression and identity through clubs such as Drama and the Newspaper. Not only do the students attempt to speak to the student body but the community as well. Many times the schools social involvement can depend upon its student activities in the surrounding community life. Key Club members and experimenting Newscasters offer these services to various establishments and organizations within Mission Viejo. Members of Key Club could be found raising money for the school by doing inventory for local shops, visiting hospital patients, or attending special community activities. A specific group of students have discovered the challenge of broadcasting. The students experience live broadcasting through cable station's news bulletins. Credit and recognition should be given to such students who participate in these clubs, devoting themselves and their talents to becoming involved in different types of communication that benefit themselves as well as others.



Scholarly Appeal

High achievers at Capistrano Valley can find a variety of clubs in which to expand their learning abilities. These clubs include CSF, AFS, leadership, and the Kiwanis Bowl team. The California Scholarship Federation started off this year with a record high membership of 86 people who played an active role in the organization. Activities included a turkey raffle, a car wash, and a talent show. These students worked together, sharing many of the same goals for the future. The American Field Service provided much the same atmosphere apparent in CSF except it is primarily concerned with foreign students and studies. Membership in AFS is one's ticket to a foreign land. The club gave high achievers the opportunity to study abroad and supported foreign students who were attending Capo Valley. The club attempted to supplement an allowance for these students and to make them feel welcome in Mission Viejo. Leadership was composed of individuals who held offices within the student government. They were held responsible for the activities and affairs which occurred on campus. These students excelled in authoritative qualities and worked together to guide Capo Valley through another successful year. The Kiwanis Bowl team was a group of students who participated in quiz competition. Club members were knowledgeable in areas of academics as well as trivia and current issues. These clubs permitted academic process to be acknowledged. Their interests and goals combined to produce a unit of scholarly excellence.





1. LEADERSHIP: Front row - S. Catino, L. Pike, A. McKeever, A. Chaska, L. Vargo, E. Ramirez, J. McGlone; Back row - H. Muller, C. Whitenack, D. Sedgwick, Mr. Pat Levens, S. Townsend, R. Lanham, J. Reyes, L. Oldham **2.** Delighted over the information concerning four-year college scholarships, **Henry Poon** will soon be applying. **3. CSF CLUB** - Front row - Mr. Bill Hoffman, D. Lockareff, T. Watson, D. Franklin, L. Tan, D. Tan, H. Poon, S. Stratton, T. Stucky; 2nd row - E. Shoemaker, K. Peterson, R. Dandan, K. Kehle, C. Heiler, B. Ramsey; 3rd row - S. All, C. Han, P. Pressely, J. Griffith, J. Nelson; 4th row - J. Dempsey, G. Heinaman, A. Carter, J. Hoffart, E. Dempsey, E. Doon, M. Davey, J. Kollas; 5th row - V. French, A. Dennison, C. Stevens, J. Morgan, B. Garet, T. Wolin; 6th row - B. Battoe, G. Cox, K. Sive, R. Burns, B. Croy, K. Friess; Back row - B. Bath, B. Reis, S. Kellogg, M. Kortz, S. Orcutt, S. Wong, B. Molina **4.** Planning CSF field trips, Advisor **Bill Hoffman** looks over perspective campuses. **5. KIWANIS BOWL:** Front row - S. Modory, S. Krause, Mr. Pat Levens, A. Carter, H. Poon, J. Sprouse **6.** Discussing current issues and events, the Kiwanis team attempts to stay on top of the news. **7.** Members of the AFS Club look over literature from various foreign countries. **8. AFS CLUB:** Front row - D. Jackson, S. Sanchez, M. Annala, Ms. Beth Gibb; Back row - Mrs. M.C. Henderson, M. Chittenden, L. Moncur, U. Roessler, not picture G. Sherburne. **9.** Foreign exchange student from Germany, **Ulee Roessler** shares German culture with Capo students.



1. HERO CLUB: Front row - S. McMullen, K. Ibarra, J. Henstead, K. Dupere, M. Margarit, M. D'Antony, L. Gunning, K. Reidling, K. Mortensen; 2nd row - K. Lunetta, J. Rapp, K. Dipsiner, V. French, L. Young, A. DeLorenzo, P. Guise, L. Treptow, C. Marra, A. Marberry; Back row - L. Cole, K. Hall, D. Sterzenbach, P. Deleone, C. Cook, M. Heller, A. Capilato, T. Petty, L. Sava, S. McDowell, K. Kingston, J. Campbell, K. Glen, W. Elliot, V. Butterfield, S. Woods, Mrs. Gay Veeh.



2. ROTC: Front row - J. Rogers, G. Ehlers, M. Creber; Back row - Captain Mullens, V. Cummings, S. Henly, R. Rodriguez

3. CERAMICS CLUB: Front row - C. Jarmacz, W. Lugas, S. Skupien, G. Saba, L. Layton, C. Corwin, D. Mazza, D. Orozco, S. Farley, D. Hengler; Back row - Mrs. Carol Booth, V. Moreno, J. Reis, M. Perez, M. McDougal, M. Keenan, A. Alfred, A. Najjar, D. Ruffell, R. Griego, D. Smith, S. Donahoe

4. While two members of the Hero Club entertain a pre-school visitor they study and learn more about child development.

5. Mrs. Cathy Rehn and Deda Dahlberg peer through the foliage while fertilizing and caring for the plants in the hot house.

6. Carrie Peterson observes a preserved sea animal during a lab in Marine Ecology.

7. MARINE ECOLOGY: Front row - J. Kennedy, J. Shelton, J. Gotch, D. Deleva, L. Rostoker, A. Bickerstaff, J. Smits, Mr. Brian Manning; 2nd row - N. Park, M. Morris, M. Balsis, D. Grover, K. Haven, O. Rosales, A. Tomich, L. Sekeris; 3rd row - H. Muller, J. Sherman, S. Urban, D. Turton, S. Casillas, T. Thibedeau, J. Bell, S. Kinsey; 5th row - N. Stubbler, B. Shiny, J. Mask, V. Buchanan, K. Buchanan, P. Hulse, G. Corner, J. Ryan, M. Propeck, M. Lapham; Back row - T. Gardner, T. Strain, R. Ridell, T. Braun, G. Jones, S. Henly, J. Rogers, L. Heber, P. Newby

8. Gary Corner takes the lobster out of the aquarium in Marine Ecology for a closer look. **9. URBAN FORESTERS:** Front row - P. Intveld, K. Lunetta, G. Eidy, L. Moncur, Mrs. Cathy Rehn, S. Atcha, S. Vaughn, D. Dahlberg, C. Wilhelm, B. Chase, J. Weinrauch; Back row - G. Margolis, K. Hoag, M. Klinger, K. Waters, D. Manginelli, N. Wallner, T. Cole, S. Jones, W. Cross, B. Bright, E. Jensen, K. Hampton, V. Hill, M. Cheney, T. Wardingley



Diversity Of Growth

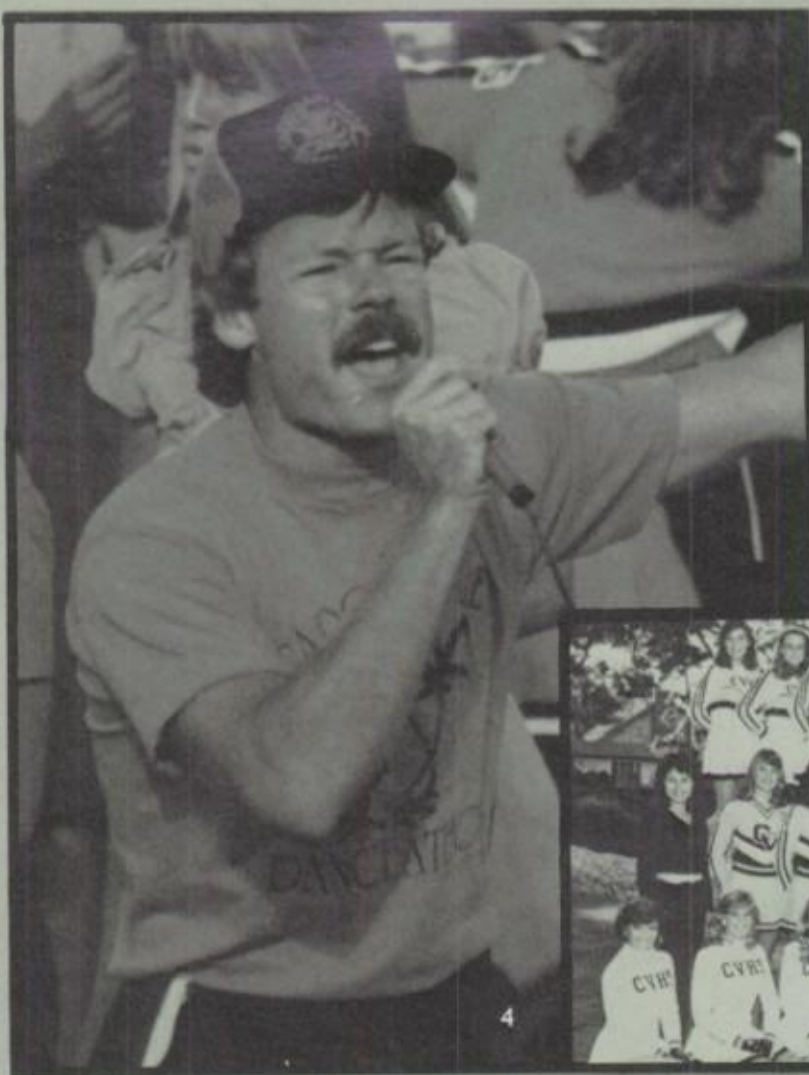
Growth promotes diversity in the ever-changing patterns inherent in any learning experience. Time and careful planning are essential to the development of such clubs as Urban Foresters, Marine Ecology, Ceramics and the Hero Club. Each organization prided itself in assuming the responsibility of focusing club activities on the growth and maturation processes. New to "club row" are the Urban Foresters. The group spent time growing different types of trees and vegetables along with a multitude of forest-green foliage. Marine Ecology concerned itself with life in a saline environment. Members raised various kinds of underwater plant and animal organisms. They took numerous field trips, dedicating themselves to understanding the ocean. The Ceramics Club held a contest to promote the growth of art and creativity. The contest was held in February as a great success for club members and advisor Carol Booth. The Hero Club involved time, patience, and planning. Club members were required to participate in the child-development course here at Capo Valley. The students watched and recorded the growth of pre-school-age children. They attempted to capture the intimacy of instruction and the relationships between youngsters and teachers. Each club concerned itself with invention and human resources. Individuals matured their special skills in promoting growth of expressions, actual vegetation, animal life, and young human beings. The clubs combined to assert aggressive and mature attitudes towards various stages of a growing experience.



Pep Incites Spirit

Spirit minded students found their way to the top this year through various spirit-oriented clubs. These clubs were a major source of support throughout the year from raising money for the school to attending and performing at sports activities. Without help from the handful of campus-oriented students the rest of the school would have experienced a duller, less exciting year of activities. Pep Club members specifically demonstrated their spirit by dressing in their popular CVHS sweatshirts and T-shirts, arousing commotion at rallies and games, strengthening various school activities by attending them. This year's pep commissioners were Liesl Pike and Stephanie Catino, who dedicated their time to making the best of Pep Club through activities such as potlucks, tailgate barbecues, pep rallies, and lunchtime activities. Cheerleaders were able to support the school; each member representing it's standards and character of spirit. Squad members were to be found at every sports activity and social gathering involving school. Their loud voices bellowing "touchdown, touchdown" and "explode, ignite" could be heard above the excited crowds, inspiring fans to get involved. Among these spirit promoters the Mascot played an important role by representing the CVHS symbol of strength and power. Under the direction of Sharyn Kelly the students combined their interests and talents to create unique and entertaining dances, relaying feelings of inspiration. Spirit and enthusiasm found its way into the heart of many students who in return showed great support for the school throughout the year.





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7



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1. PEP CLUB: Front row - S. Glassman, M. Vigil, S. Skupien, J. Smits, L. Rostoker, S. Catino, J. Chaska, L. Pike, M. Regan, S. Finden, L. Vargo, J. McGlone, A. Black, M. Anderson; 2nd row - S. Modory, M. Davin, J. Mansukani, J. Niccoli, S. Townsend, T. Brillhart; 3rd row - Mr. Pat Levens, A. Bayhl, J. Johnson, K. Koch, K. Haven, A. McKeever, L. Day, K. Webster, S. Gallo, L. Arnerich, A. Chaska, S. Cox; 4th row - J. Weinrauch, J. Andrews, W. Day, D. Malone, A. Tomich, M. Holmes, L. Gill, L. Wen, J. Wright, K. Sive, S. Orcutt, R. Dandan, K. Peterson, K. Mitton, L. Haun, C. Begin, D. Dahlberg, H. Husoe, K. Rogers; 6th row - B. Call, R. Gerard, R. Lanham, B. Jenkins, D. Doyle, R. Buck, K. Sykes, J. Ritchie, D. Franklin, L. Oldham, K. Brown, S. Schannep, D. Delva, H. Muller, K. Nelson, K. McCarty, J. Hoffart, J. Reyes, F. Banda, M. Fosdick; 7th row - M. Hardy, W. Ward, S. Atcha, K. McDonald, E. Gomez, C. Guerrero, J. Nelson, L. Riedl, K. Grant, S. Cussen, J. Hong, G. Black, S. Harwood, J. Russell, J. Kennedy, D. Sedgwick, D. Grover, K. Kingston, M. Schuh; 8th row - C. Wilhelm, E. Johnson, R. Bellis, L. Dellota, J. Theders, H. Prosser, C. Sweeney **2.** Songleaders rally up crowd with high kicks at pep rally. **3.** Exhibiting their enthusiasm the Pep squad forms a pyramid as the football team makes the conversion point. **4.** Arousing the crowd Mr. **Bill Hoffman** leads Capo students in a roaring cheer. **5. PEP SQUAD:** Front row - C. Luebke, M. Luebke, J. Hoffart, S. Norbraten, L. Riedl, J. Hong, M. Schuh; 2nd row - Ms. Sharyn Kelly, C. Sedgwick, K. Kercher, P. Hoffart, M. Fosdick, C. Sawyer, E. Rodriguez, E. Regan; 4th row - M. Hargrove, H. McGill, C. Olsen, K. Sive, R. Buck, K. Sykes, K. Kingston, K. Peterson, J. Ritchie **6.** Capo's mascot **Suzanne Norbraten** perpetuates our symbol of strength and power. **7.** Cheerleaders yell for victory as they lead the Cougar supporters in a rousing cheer. **8. DANCE PRODUCTION:** Front row - J. Rivier, L. Oldham, S. Cox, L. Day, A. Romano, C. Wallace, C. Luebke, J. Gotch, S. LaFontaine, T. Cast, S. Kelly, L. Gordan; 2nd row - T. Garriepy, K. Mitton, M. Schuh, M. Smith, A. McKeever, J. Hong, K. Grant, C. Jones; Back row - S. Butts, S. Paquin, K. Nelson, M. Luebke, L. Riedl, J. Miskovich, S. Marks, L. Arnerich, J. Hoffart **9.** While flexing her muscles, **Jennifer Gotch** thinks of a new routine for dance production.



1. DRILL TEAM: Front row - W. Frieze, L. Reinhardt, A. Stubbler, C. Perlas, P. Russell, J. McCarty, A. Ryan, J. Wagnon, L. Stearn, B. Baughman, T. Bertwell; 2nd row - M. Dalto, K. Mitchell, M. Deeley, L. Nelson, M. Gabert, M. Herren, L. Gibson, M. Katsumata, T. Wojciechowski, H. Tyler, J. French, L. Sammons, M. Eagle; Back row - L. Gibson, L. VerWayne, K. Johnson, J. Gray, L. Treptow, S. Lackerman, M. Gray, C. Reyes, S. Watson, B. Guigli, K. Jensen, R. Powell, A. Held, S. Norman, Mrs. Marlene Singh **2.** Practicing drill routines pays off as Capo team receives competition honors. **3.** Cougar band leaders **Beth Tucker** and **Dan Hoglund** take charge of players on and off the competition field. **4. FLAG TEAM:** Front row - H. Nietzke, T. Cole, K. Alford, E. Himmel, K. Bosermer, P. Orozco, R. Fenton, S. Forrest, S. Triscari, S. Woods; 2nd Row - B. Ramsey, K. Edwards, B. Ryan, L. Barnes, S. Farr, W. Mandel, C. Heiller, T. Shreve, R. Walenciak, B. Miller, D. Autenreilb; Back row - T. Greathead, K. Hitzfield, M. Rodriguez, R. Sherman, T. Hammers, S. Hedreld, J. Parsons **5.** Capo Valley **MARCHING BAND** leads the Cougars through another year of award winning performances and awesome spirit. **6.** Members of the Marching Band display animated acts after a long afternoon of practice. **7.** Drum Corps performs stimulating sounds at a half time show during CV football's triumph over Dana Hills. **8.** **Michelle Katsumata** fires up spirit at a pep rally in the Capo Valley gym. **9.** Capistrano Valley Drill team awaits a half-time performance along with a pensive crowd.

Rhythm and Sound

Largely through the efforts of motivated students the Marching Band, Drill Team, and Flag Team have incurred respect for their excellence. The Capistrano Valley Marching band, headed by Lynn Olinger, had a busy schedule to follow, practicing long hard hours to start off the band's first competition in November. During half-time at football games, the Marching Band performed inspiring music, giving spectators scintillating entertainment. One of the biggest events the band competed in was the Mission Viejo Band Review. Among other activities prominent during the season were the Chino Field Competition, "Veterans of Foreign Wars", the Norwalk Field Competition, the Huntington Park Christmas Parade, performances at Disneyland, and the United States Marine Corps., "Toys for Tots". The Drill Team executed outstanding finesse in competition, winning first place in an open division at the Norwalk Competition. They were also featured in other parades and competitions such as the Chaffey Competition for Champions and some exposure at Disneyland. The Flag Team combined hard work and enthusiasm to become one of the top teams in Southern California. The fruits of their labor were not only their fame as competitors but their personality as well. The Marching Band, Drill Team, and Flag Team concentrated their efforts on making the season one of their best.



Interpreting the Classics

Practicing for a perfect performance, the Symphonic and Jazz Bands along with the Orchestra did their best in producing harmonizing arrangements to delight and entertain students. Going to every practice and learning to read music was only a part of being in the band. Once a year the band takes a trip in addition to playing at concerts and many music assemblies. Each individual enhances their instrumental ability. They meet all sorts of new friends who have the same interests. This binds the individuals together for excellent and surprising sound. Mr. Lynn Olinger, the music director, seems to be enthusiastic about teaching his students. Such enthusiasm can hardly escape the fantastic resonant quality inherent in Capo Valley music. Busy schedules dictated discipline in the music world, but amazingly students found time to enrich their talents. Brass and strings shared equal importance in developing a characteristic style. Students were fortunate to listen to the strains of orchestral symphonies. Culture shock only brought individuals to a higher sense of achievement. By masking their artistic skills in a professional environment musicians were able to excel, soaring to new heights of artistic expression. Students were encouraged to write and arrange their own creations, performing stylized sound with invigorating intensity. Fellow students were appreciative of their talented friends who were able to compose expressive notes. Many were moved by the students devotion to their music. A host of musical scores floated through the mall as the musicians practiced for springtime concerts.





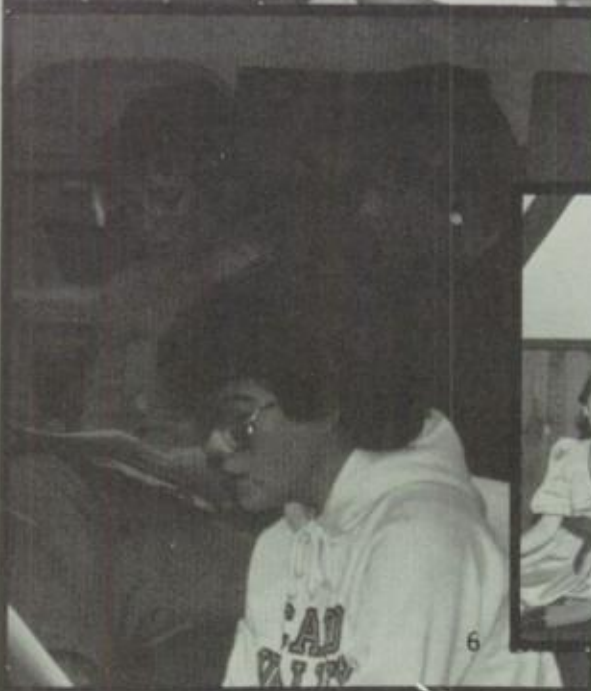
1. Musically gifted students concentrate on the finer tunes of their cellos. 2. **SYMPHONIC BAND:** Front row - T. Stucky, L. Hendrixson, C. Sprinkle, S. Stratton, K. Croskrey, C. McKibbin, J. Craig, C. Wilson; 2nd row - B. Gerhardt, B. Sammons, M. Chittenden, D. Dickson, T. Reed, S. Kollias, D. Stern, M. Klefbeck, K. Krause, D. Berreth, S. McMahon, B. Donley; 3rd row - D. Sterzenbach, T. McDaniel, B. Harris, D. Hoglund, J. Hulse, C. Desmarais, G. Ferrigno, C. Baker, W. Messer, R. Ray, J. Kemper; Back row - J. Stafford, C. Smith, M. Jolly, B. Esposito, B. Dingus, R. Dill, R. Hollon, C. Estrada, V. Milburn, C. Sprinkle, N. Kurtz, Mr. Lynn Olinger 3. The wind section harmoniously blows through their instruments creating a jazzy sound. 4. Concentrating on his new musical arrangement, **B.J. Choi** diligently practices his bow techniques. 5. **CONCERT BAND:** Front row - C. Estrella, T. Greek, S. Vickery, B. Bliss, R. Morgan, M. Ware, C. Smith; 2nd row - J. Zaret, C. Cobben, S. Roberts, M. Montebello, E. Fields, L. Chittenden, N. Tran, G. Koons, J. Klebeck, D. Walczewski; Back row - C. Malagon, E. Cathy, R. Finn, M. Cisowski, B. Kollias, J. Masom, T. Azar, D. Miller, D. VanDorn, D. Zimmerman, J. Korbowski, Mr. Lynn Olinger 6. Flutes unite and create the lyrical accent to Cougar music arrangements. 7. Saxaphones add that needed sound of jazz as these Cougar musicians prepare for the fund raiser "Club Tropicana". 8. **JAZZ BAND:** Front row - J. Waterman, D. Berreth, M. Klefbeck, S. McMahon, C. Hale, J. Kollias; 2nd row - C. McKibbin, M. Rodriguez, A. Holder, B. Harris, J. Stafford, T. McDaniel, C. Malagon, B. Dingus, J. Bagdon; Back row - Mr. Lynn Olinger, D. Holdt, K. Krause, J. Razee, C. Baker, R. Ray, D. Walczewski, J. Klefbeck. 9. **ORCHESTRA:** Front row - B.J. Choi, A. Maz, M. Zintl, D. Dickson; Back row - W. Mendel, P. Robinson, Mr. Lynn Olinger, P. Marra, S. Chang



1. ACCAPPELLA: Front row - K. Bower, K. McCarty, P. Wilson, W. Marble, S. Stewart, L. Jordan, M. Rodriguez, P. Hansen; 2nd row - S. McMillan, K. Alvarado, J. Bonham, D. Greenwaldt, E. Gomez, J. Shoemaker, D. Garrington, R. Giamarino; 3rd row - R. Parker, D. McLaughlin, D. Ray, G. Jones, T. Cole, S. Lawson, M. Lenhart, L. Barnes, A. Ryan, P. Orozco, M. Campbell, S. Mitchell, K. Atkinson; Back row - S. Gill, M. Riddle, E. Cathey, H. Tyler, T. Bertwell, K. Lunetta, G. Eidy, T. Shreve, H. Nletzke, C. Kaelin, M. Magney **2.** Expressing her vocal talents **Tamara Schluntz** performs at Camerata's first concert in the mall. **3. TAPESTRY:** Front row - B. Ryan, N. Ramirez, T. Richards, R. Fenton, J. French, K. McDonald; Back row - K. Hill, L. Hane, C. Forester, L. Coulter, E. Shoemaker, J. Rivier, D. Doyle, T. Greathead, T. Schluntz, L. Kniep. **4.** Waiting for their cue, Tapestry back-up singers show their twenties attire. **5.** Harmonizing a nostalgic melody, Tapestry singers inspire an enthusiastic crowd. **6. Claudia Guerrero** leads **Lori Dellotta** and **Chris Buck** through a practice session for an upcoming musical. **7. CAMERATA:** Front row - C. Luebke, C. Guerrero; 2nd row - S. Cantwell, D. Driskill, M. Riddle, M. Kaufman, J. Cox, L. Dellota, J. Stember, K. Carter; 3rd row - J. Pittsker, C. Hall, P. Lowe, S. Ward, P. Wilson, D. Garrington; Back row - B. Garrett, C. LaForte, M. Rondeau; not present C. Buck **8.** A group of Camerata students happily emote a famous musical with the help of a piano. **9.** A trio of singing beauties, **Marjorie Riddle, Caroline Luebke,** and **Julie Cox** gather together for another exciting hour of vocal expression.

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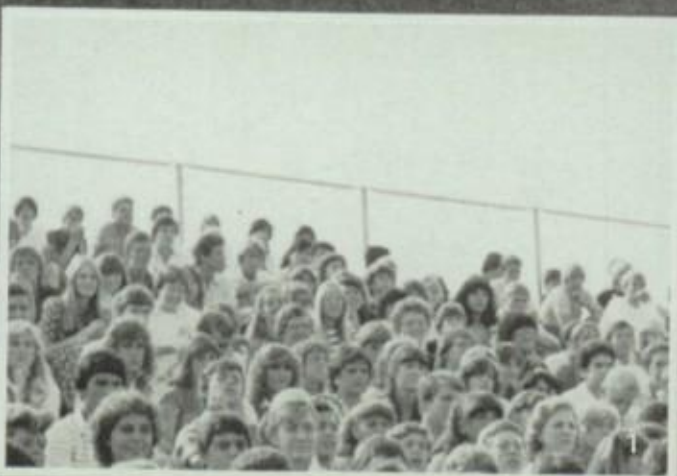


Melodic Moments

Countless talented singers have performed at Capistrano Valley over the past years. Choir director Bob Perry added a generous amount of personal help. Camerata, a selective choir composed of both male and female students, has been extremely successful in scheduling several engagements. With twenty melodic members Camerata performed at Lincoln School for the disabled, San Clemente Garden Club, Laguna Niguel Chamber of Commerce, Disneyland and shared their talents with fellow students at school concerts. This year Mike Rondeau received an award from the Kiwanis Club for "Student Performer of the Year". Tapestry Choir is composed of an all girl ensemble, performing at many of the same engagements as Camerata. Tapestry performed classic and pop music, specializing in choreographed music. The girls were always in demand as popular entertainment. Acappela, the largest choir, took part in performing at numerous gatherings and festivities. All choirs represented Capistrano Valley High School successfully at the 1982 Christmas Candlelight Processional at Disneyland, hosted by Pat Boone. Once again the choirs toured Las Vegas and Mammoth Mountain. Between all of the choirs many hours were spent practicing and performing. Whatever the input the results were outstanding and rewarding.

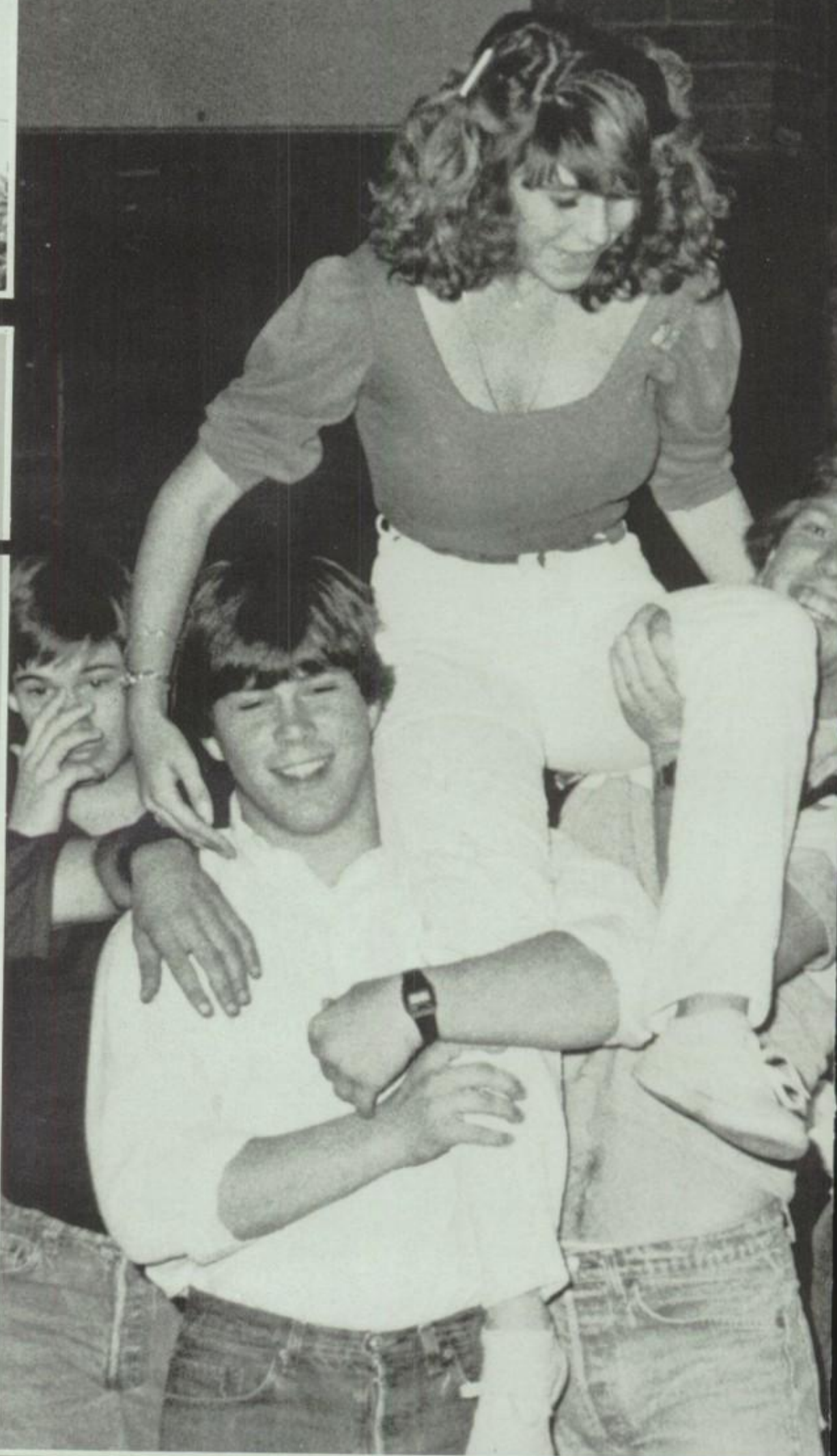


CAMPUS



JUST FOR FUN

This year was filled with memorable events, raising the excitement level of the student body. Halloween captured the ghostly spirit, dressing in costume finery with added enthusiasm. Homecoming activities demanded special attention to campus tradition. Students elected beautiful Kelly Kingston as Homecoming queen, crowning in her glory as the "fairest in the land", along with her distinguished court. The Winter Formal at the Newporter Inn promised fun and romance during the Christmas season. As the New Year splashed in splendor students celebrated with spirit. Dedicated volunteers worked long hours decorating the Mission Viejo float, which received distinction and honor, winning the Sweepstakes award. Other hard workers developed this year's Pep Club to be one of the best. Students donned summer clothing when participating in the popular Beach Week activities. ASB officers provided entertainment during lunch by holding special events for the enjoyment and pleasure of their fellow students. Special memories of school, friends, teachers and activities will continue to permeate nostalgia for years to come.





1. A gathering of Cougars enjoy the first outdoor pep rally of the year before the Mission football game. 2. Personality is expressed as this group of lunch "B" students pose for the "Gatcha Camera". 3. Spending time together during "A" lunch, **Tammy Argueta** and **Kristen Taney** enjoy each others company before 5th period. 4. Lead guitarist **Chuck LaForte**, of the "Grease band", prepares for an upcoming concert. 5. Showing off his financial security, **Brian Trevino** is about to purchase his "fuel food" for the day.



Lasting A Lifetime

Once upon a time in the kingdom of Mission Viejo there occurred a football game of great importance. It was the game of the year - the Homecoming game between Capo Valley and Chino High School and the starry night was filled with anticipation and excitement. Prince Charming Don Sedgwick galloped before the crowd, proclaiming the night's activity to begin, his voice echoing throughout the stadium. Horse drawn carriages paraded the beautiful princesses to the carpeted red runway. Reigning queen Deana Klein arrived, solemnly taking her place

beside the younger royalty. The coronation was at hand. Page Aaron Stone provided the envelop, revealing the new queen to be Kelly Kingston. Now crowned in glory she walked with her escort to the viewing stand followed by her court of four seniors; Julie Browne, Joslyn Hoffart, Kathy Nelson, and Colleen Sweeney; two juniors; Lisa Arnerich and Shari Price; one sophomore; Cathy Sedgwick, and one freshman; Julie Simpson. Fireworks lit up the sky as the evening progressed. Capo Valley defeated Chino and the enthroned court continued a successful rule, living happily ever after.



1. Don Sedgwick takes the new queen **Kelly Kingston** away in the carriage to live happily ever after. 2. The 1982-83 Homecoming Queen **Kelly Kingston** will represent Capistrano Valley in community activities. 3. In a horse drawn carriage **Lisa Arnerich, Shari Price, Julie Simpson, and Cathy Sedgwick** trot to join the remaining court members. 4. Congratulations are in order for the new queen **Kelly Kingston** by her chum **Lisa Oldham**. 5. Once upon a time **Don Sedgwick** rode atop a white horse and came to sweep the beautiful princess off her feet. 6. Congratulations to our radiant **1982-83 Homecoming Court**: Front row - Joslyn Hoffart, Julie Simpson, Colleen Sweeney, Cathy Sedgwick; Back row - Julie Browne, Shari Price, Kelly Kingston, Kathy Nelson, Lisa Arnerich

A NIGHT OF A THOUSAND MEMORIES





FAMISHED COUGARS CONGREGATE





Seeking Nourishment

Lunch hour promised time with friends to share the experiences, the traumas, and the joys of the past hours. People could also discuss future plans and exchange information on a variety of subjects from low key conversation about school courses and grades to world issues and philosophies. Warm memories brought a thrill of the past when students "visited" local burger stands such as McDonald's, Carl's Togo's and In-and-Out Burger. Days spent with a brown bag were enjoyed

by most of the student body. Many individuals ritualized the ceremonious lunch line where students could pick and choose from among the tantalizing items prepared by school "chefs", made available at the famous snack bar. Some energetic students finished the last touches to assigned homework while still other less excited elements lounged on the lawn, taking a cat nap in the warm sun. Lunch-time seemed to revitalize the exhausted minds with renewed vigor to tackle the rest of the day.



1. A hungry senior **Mitch Ashwill** timidly gives up his week's allowance for a malt. 2. First in line, **Mark Petrick, Vanessa Riegling, and Patty Orozco** await first choice at today's rations. 3. One of our many helpful lunch ladies, **Pat Steverson**, prepares hot pretzels for all the little boys and girls to enjoy. 4. Handsome **Preston Briggs** makes the move on Martha's chips. 5. Eating twinkies in the mall is a habit **Bob Jenkins, Burt Call, and Steve Ward** have acquired this year. 6. Buddies for life, **Donny Warnes** and **Mitch Ashwill** embrace.



Winning In Style

Again this year Mission Viejo was given the coveted Sweepstakes Award for its astonishing show of color and ingenuity in a beautiful representation of "Sweet Days of Love". The award marked the fourth time in a four year period that Mission Viejo won. Two seashells supported graceful swans depicting the glorious days of summer swan-boat rides. Decorated with swirling streams of ribbons, the float was covered with over 250,000 orchids, poinsettias, and

carnations. Capo Valley's Homecoming Queen Kelly Kingston waved to millions as she along with several other queens rode amid the blossoms. A crew of fifteen welders, sculptors, and artists labored for eleven weeks, designing and constructing the float. Volunteer students from Capo Valley joined the working force by gluing each petal, seed, and leaf. Dexterous hands worked fervently to lavish the finishing touches on the grand prize winning float.

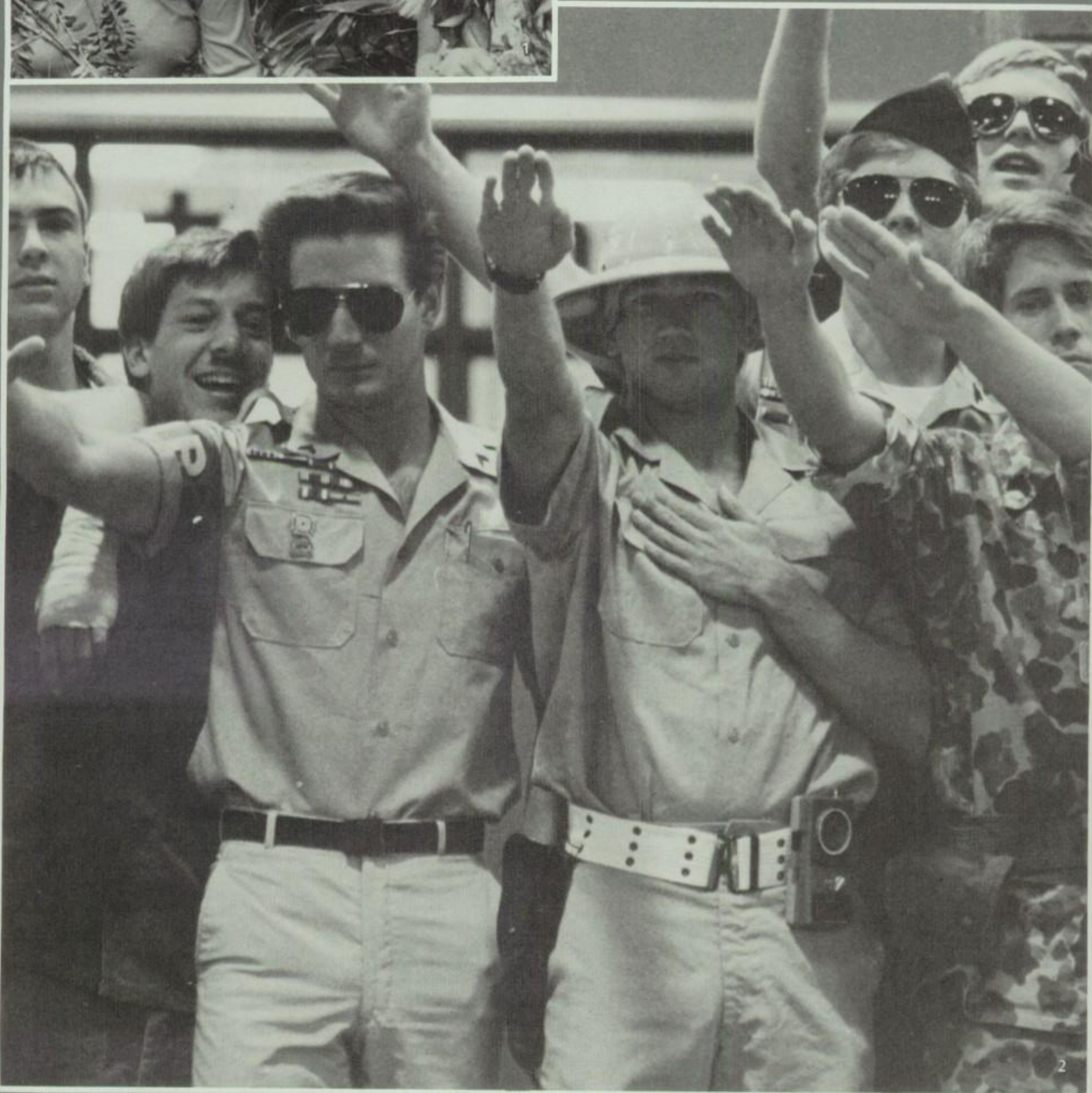
1. Riding upon the Mission Viejo Prize winning float, **Kelly Kingston** waves to the crowd. 2. Happy Homecoming Queen **Kelly Kingston** expresses her elation after receiving her crown, which will allow her a seat on the 1983 Mission Viejo float in the Rose Parade. 3. The 1983 Sweepstakes winner is Mission Viejo's "Sweet Days of Love". 4. Capo Valley's talented **FLOAT BUILDERS**: Seated - Rita McKinley, Anita Chinnery, Eulonda Bolman, Gaylynn Eidy, Sherry Cain, Jim Kollias; Standing - Ted Johnson, Robin Walenciak, Cindy Holt, Todd Travers 5. The Mission Viejo Company received another sweepstakes award for excellence. 6. The swan in the float symbolized the theme of love, elegance, and grace.

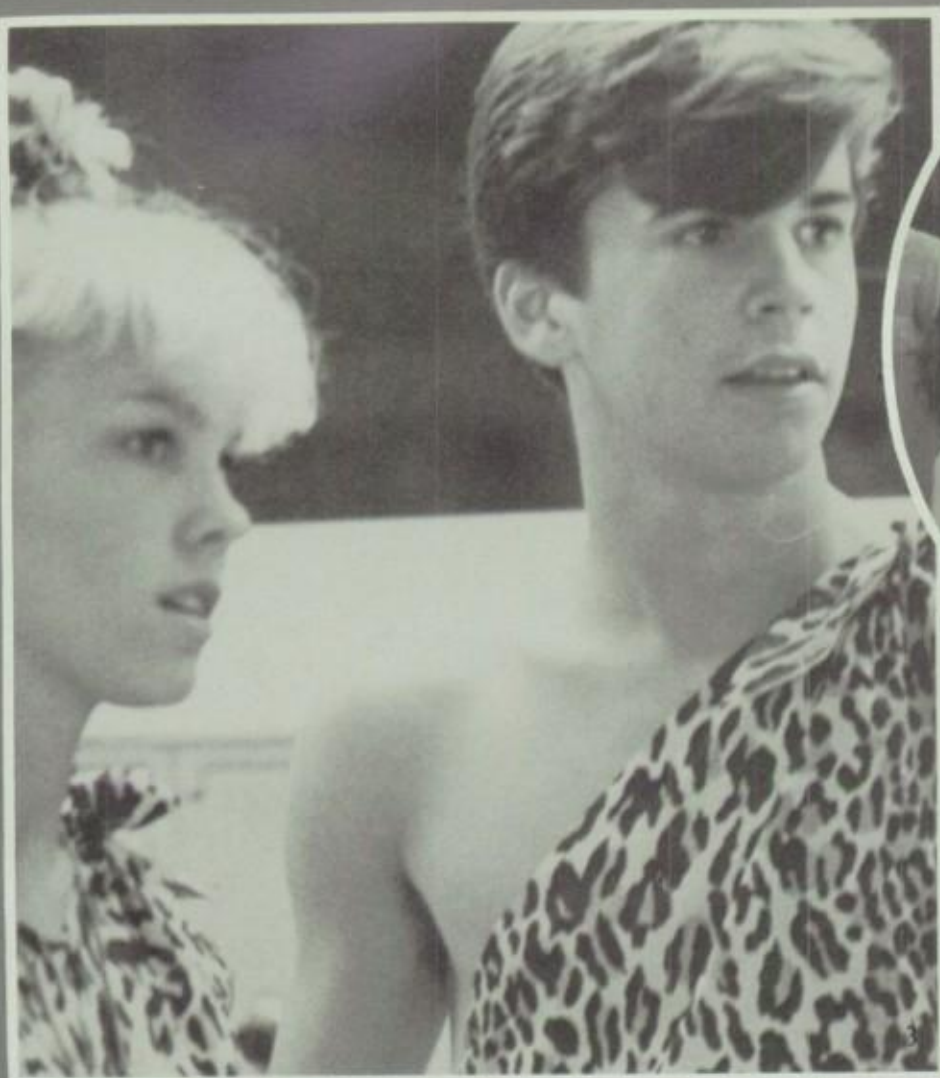
SWEET SMELL OF SUCCESS





CREATIVE KOOKS GATHER





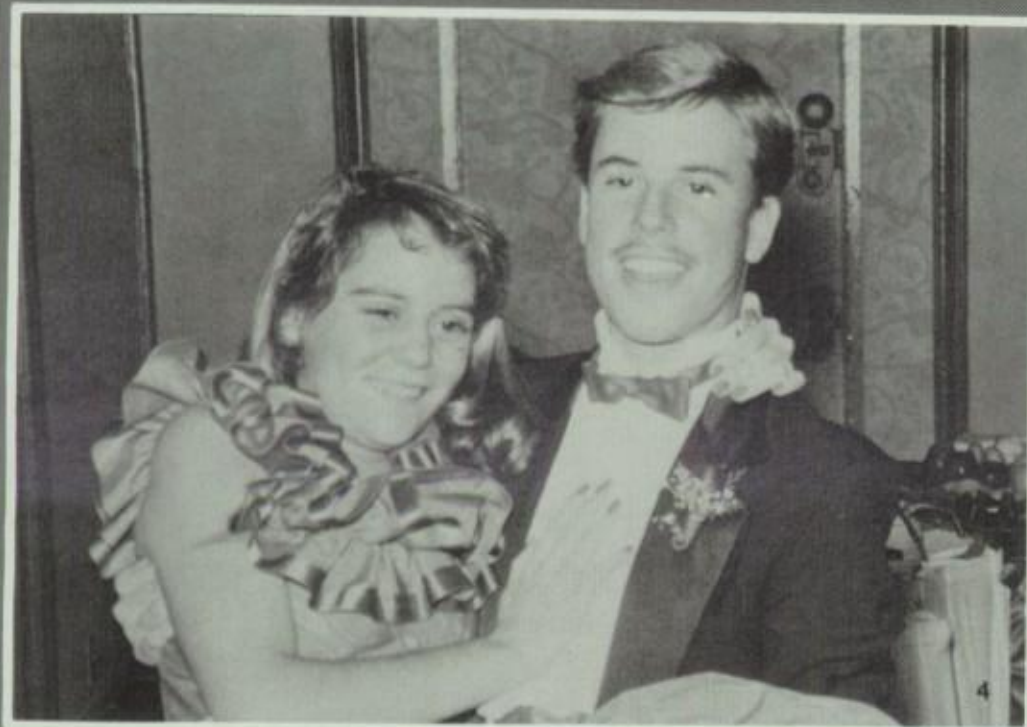
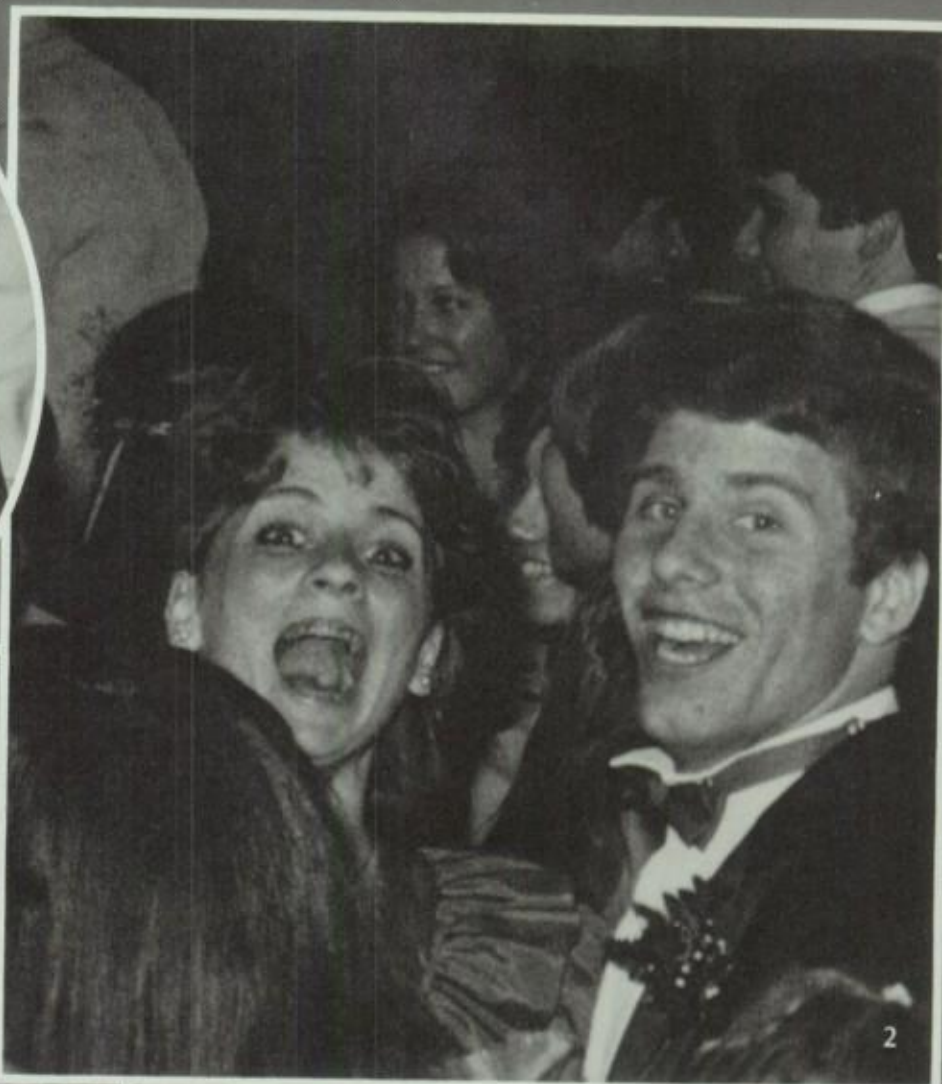
Masquerading In The Mall

An unsettling mood pervaded the campus during Halloween as students donned daring disguises to shock friends and faculty with their stunning masquerades. Ghouls and goblins haunted classrooms, attracting attention to all who passed by. Creative students clad in army fatigues stormed their way into the mall while "three blind mice" scuttled across the hallways. Students admired one another's get-ups, praising their ingenuity and wit. Among the dazzling displays were unique imitations of circus clowns, red devils, and black cats, plus

a parade of bizarre creatures oozing from one part of the building to another. A contest for the best costume was held during lunch. The competition was tough but "old man" Bryant Cook was awarded first prize for his rendition of an elderly senior citizen. The day's events also included a pumpkin raffle to heighten the spirit of Halloween. The school was a sea of creativity characterized by an abnormal restlessness evident on the last day in October. As the excitement waned students remembered their costuming fondly and looked forward to next season's activity.



1. Somehow these two unusual plants named **Wendy Cross** and **Vicki Hill** were found growing among the plants in the mall. 2. Beaver Boys, **John Nealy, Brad Nichols, Karl Pitman, Peter Boyd, Mitch Ashwill, Kevin Thompson,** and **Bob Shaver** joined the Marines this Halloween. 3. Tarzan and Jane go together like **Todd Gardner** and **Traci Strain**. 4. Dressed up as the "Three Blind Mice", **Kim Snow, Sonya Sufferidge,** and **Janis Roberts** show what spirit is all about. 5. Showing good sportsmanship as two Homecoming candidates are **Lisa Vargo** and **Amy Chaska**. 6. A sight for sore eyes, **Lynell Kniep** cannot understand why she wasn't chosen as this year's queen.



Uniting Couples At Christmas

Students were dressed to the nines when they arrived at the 1982 Christmas Formal for an evening of intimacy and excitement. The theme "Stepping Out with You" was inspired by the popular hit record by Joe Jackson and was sponsored by the Pep squad. Lavish decorations, culinary delights, and friendly conversation satiated the crowd upon hearing that the band which was to provide scintillating live entertainment had indeed refused to show. Instead a popular disc jockey arrived with a vast selection of popular tunes, inviting students to display

their tapping talents. Later that evening as tensions subsided Craig Whitenack announced the 1982 Christmas Formal Court. Liesl Pike was crowned as the Senior Queen while Junior Princess Lisa Garrod, Sophomore Princess Jennifer Mallard and Freshman Princess Jennifer McCarty accepted their royal titles. As the court and their dates danced to the theme song fellow students toasted the Christmas spirit, enjoying a celebration of friendship and romance. Truly, this year's formal will be remembered by those who attended the festivities as a night of splendor.

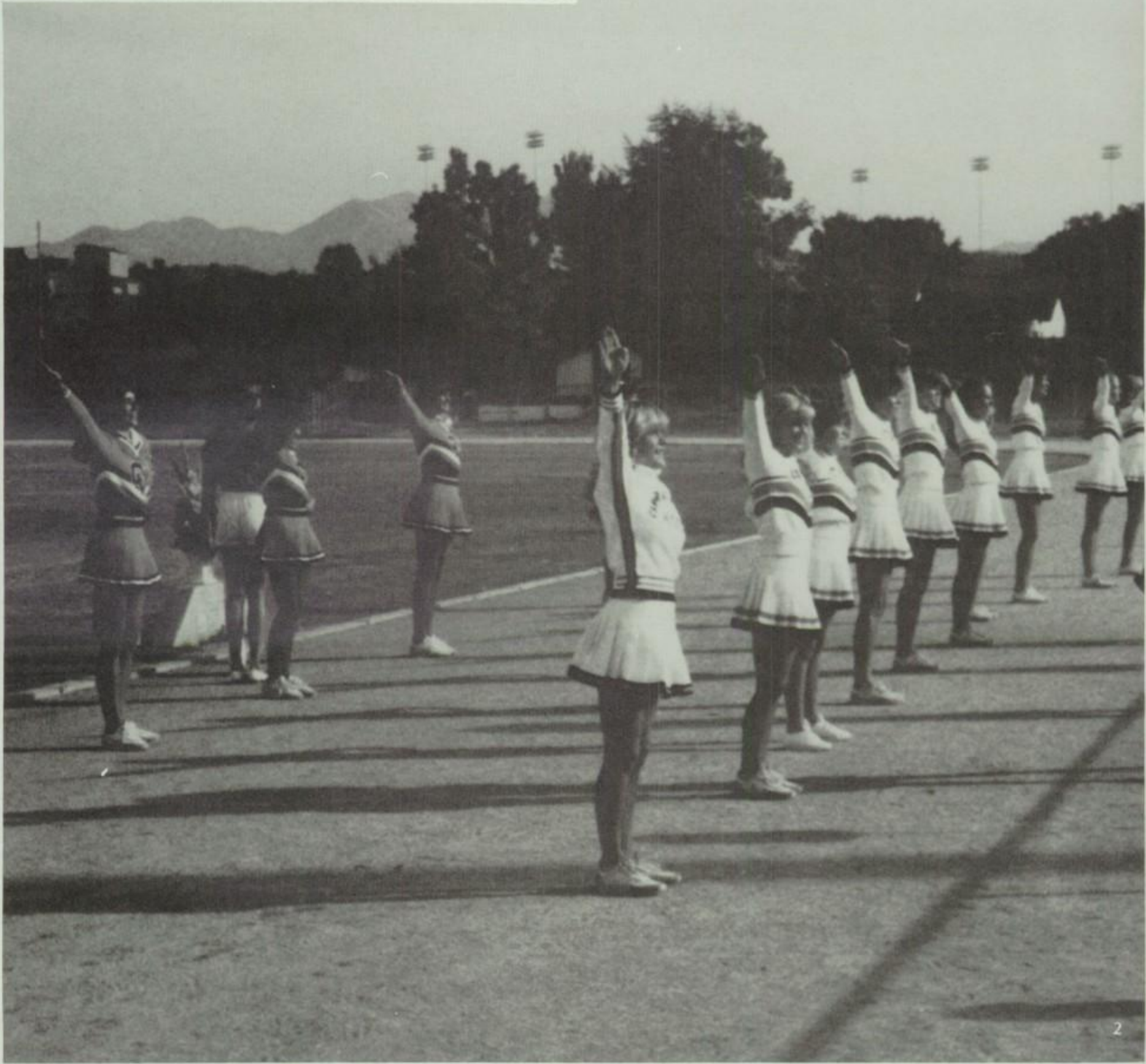
1. Enjoying one another's company, **Frank Banda** and **Michelle Fosdick** get closer. 2. Thrilled on hearing their song **Amy Chaska** and **Burt Call** get ready to dance the night away. 3. This year's 1982 Christmas Formal court Freshman Princess **Jenny McCarty** and her escort **Dave Curtis**, Senior Queen **Liesl Pike** and her escort **Steve Finden**, and Junior Princess **Lisa Garrod** and her escort **Jeff McLaughlin**. 4. After a night of dancing, **Russ Thompson** carries **Andrea Fitzgerald** off the floor. 5. Awaiting their turn for photos **Sonya Sutcliffe** and **Stephanie Catino** are escorted by "older" men. 6. Mingling with the crowd **Cameron Armstrong** and his date **Kris Meidell** are heading towards the dance floor.

SOCIAL ELEGANCE ALLURES





ENTHUSIASTS AROUSE FANS





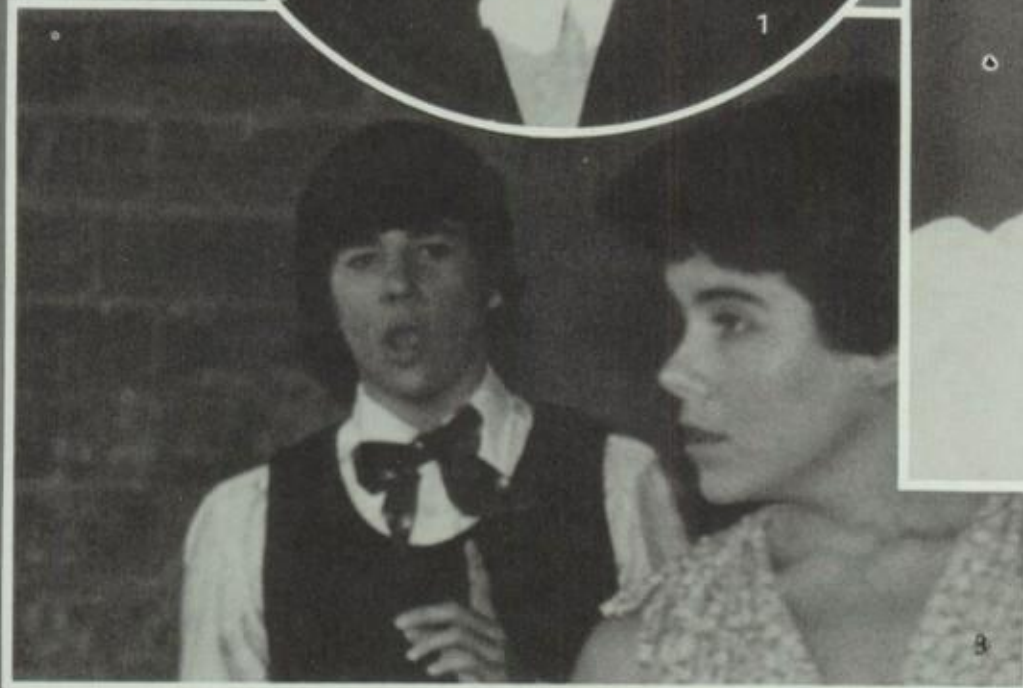
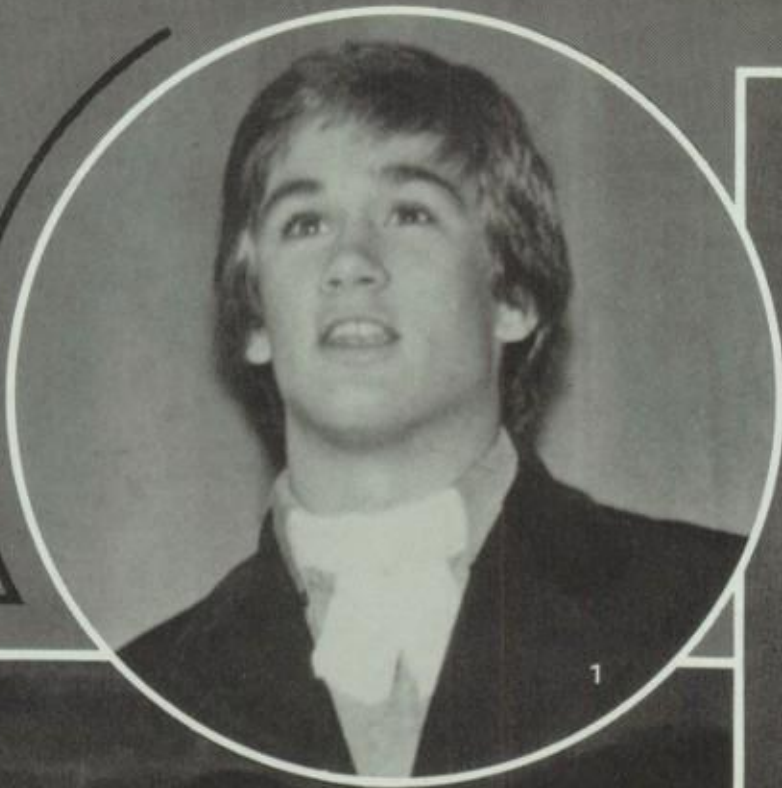
Supporting Cougar Athletics

Pep rallies build enthusiasm, sparking spirit from the crowd, congratulating teams for past victories, supporting teams facing stiff competition. Pep rallies are held in the mall, providing twenty minutes of exciting cheers and complex routines executed by the pep squad. Calming the worries and insecurities of the players before the action, pep rallies also build strong unity among the various classes. Many times the classes fought against each other, establishing a

sense of pride for each student. Crowds gathered to watch the antics of class leaders, pantomiming pomp and ceremony, encouraging student participation and positive action. Pep rallies assumed a large responsibility. They attracted attention to every sport, dance, club and competition - in short every activity with which the school was involved. Each victory was congratulated with spirit and triumph and the pep rallies continued to inspire individual self-confidence.



1. Our enthusiastic drill team excites the students at E.P. with a musical routine. 2. Out on the field Capo Valley's Song and Cheerleaders arouse the students for the big game against Mission High School 3. Chief "Greasers" **Pat Levens, Bill Hoffman, Mike Todd** and **Craig Anderson** strut their stuff at E.P. 4. Our mascot **Suzanne Norbraten** shares her charisma with the fans as Cougars defeat the Dana Hills Dolphins. 5. Students observing the entertainment put on by the Capo Valley Pep Squad during Spirit Week. 6. Living to the sounds of the "Grease Rats", **Scott Townsend** and **Jeff Russell** have a blast.



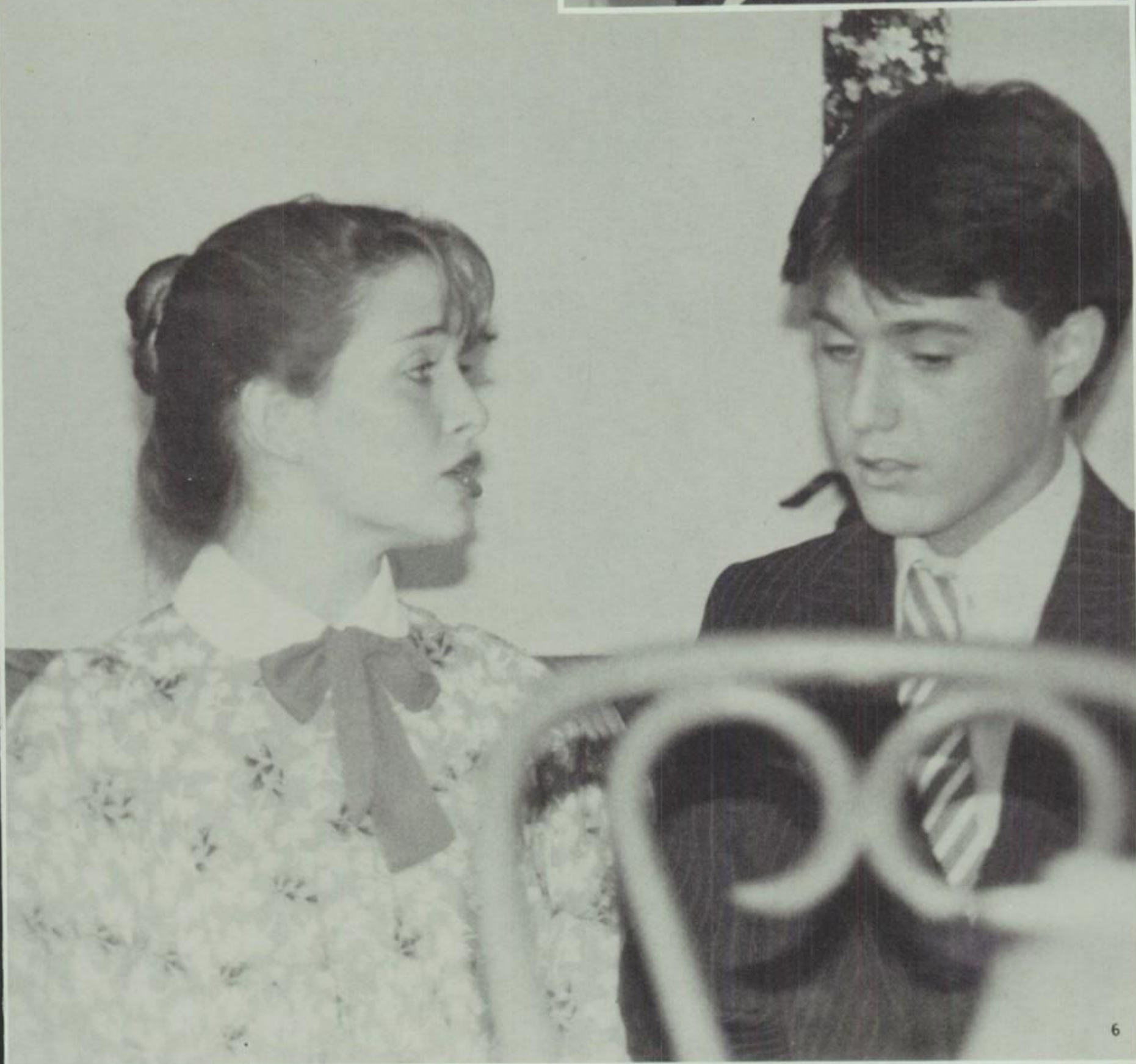
1. A confident young actor **Mike Rondeau** recites a poetic verse. 2. Showing composure **Karen Novorr** portrays her role with confidence and experience. 3. Awaiting **Mark Lambrecht's** response, **Claudia Guerrero** freezes for a moment in shock. 4. Reciting from her diary **Gwen Jones** portrays the role of an elder. 5. Giving his insight into acting, **Mark Lambrecht** answers an admiring question. 6. Squabbling in the smash hit *The Importance of Being Ernest*, **Andrea Carter** and **Mike Burgess** show a great deal of talent.

Mocking Established Etiquette

Various activities dominated theatre life at Capo Valley. Most prominent was the three act play by Oscar Wilde, *The Importance of Being Ernest*. Student actors played the English upper class with a talent and style distinctive of the Capo Valley stage. Among the major players were Claudia Guerrero, Mark Lambrecht, Andrea Carter, and Mike Burgess. The play mocked late 19th century etiquette and provided the audience with endless laughter. Director JeJe MacDonald continued to instruct students on technique and attitude, helping individuals with motivation to

present the best production possible. The thespians also planned several fundraisers to enlarge drama assets. Students took part in organizing a children's theatre group, hoping to entertain a younger crowd, bringing sophisticated culture to elementary students. By February actors were polishing a scene from *Two Gentlemen of Verona* for the annual Shakespeare Festival at Chapman College. Springtime brought new excitement as students frantically practiced for the spring musical, *Around the World in 80 Days*. Certainly this year's drama club deserved a standing ovation for their enthusiasm and magnificent talent.

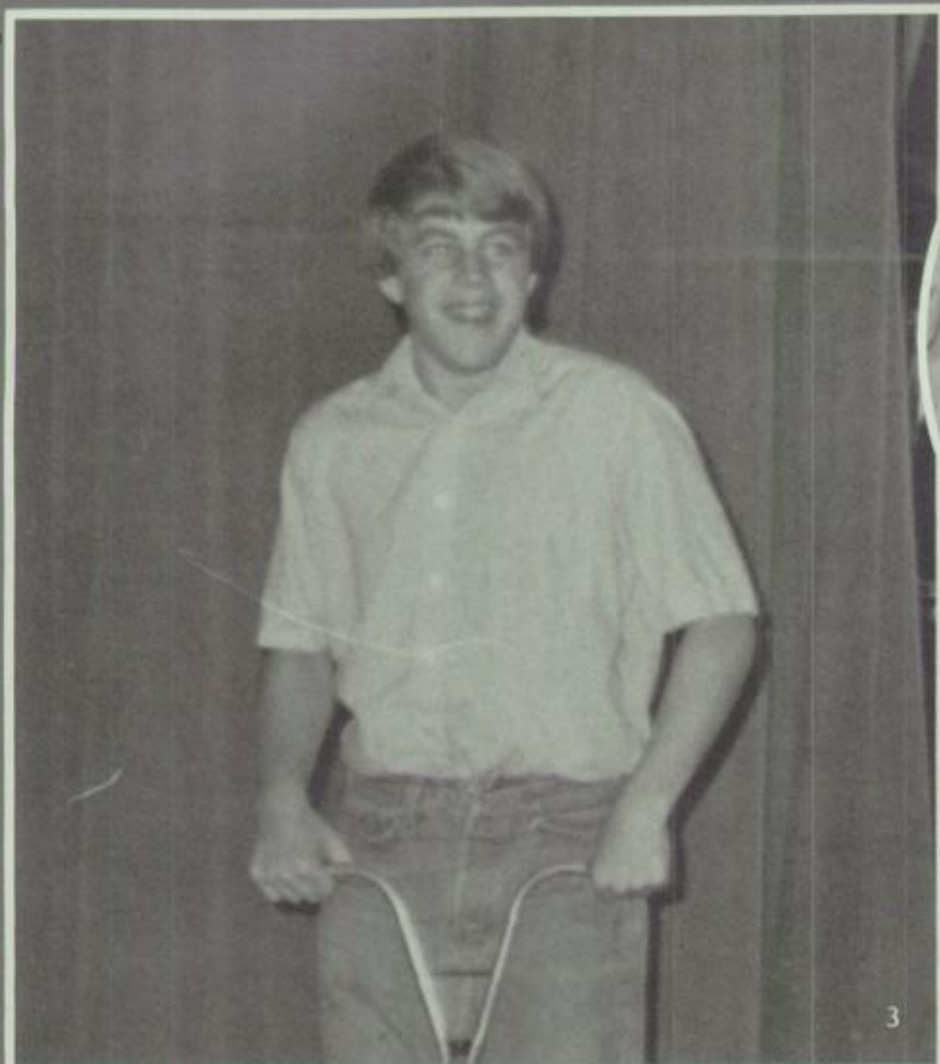
TALENTED PERFORMERS PREVAIL





TIDE WASHES IN TOURISTS





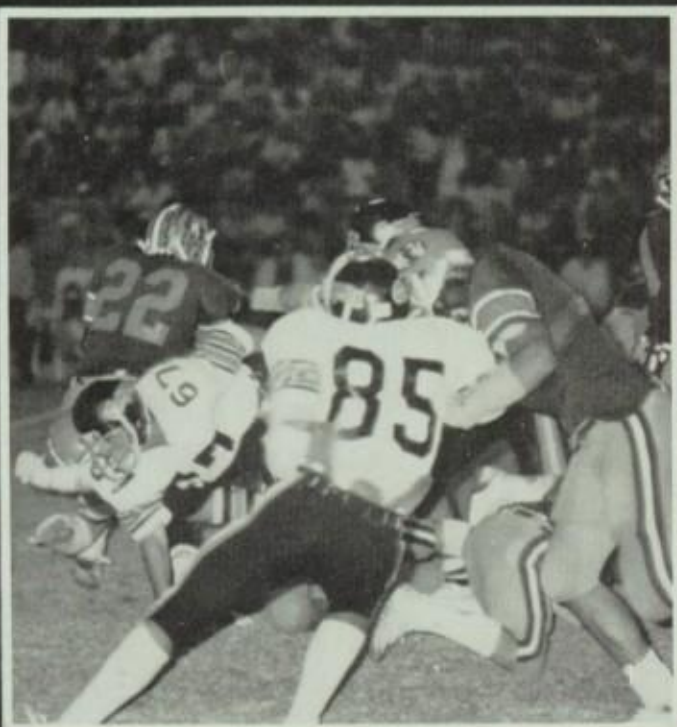
Beaching In The Mall

Surf, sun, and sand marked summer fun during Capo Valley's Beach Week. During the "endless summer" many events were planned by the activities committee. Students showed their prowess in hula hooping, hippity hopping, dressing up Hawaiian style, lounging in bermudas and beach chairs, and throwing a frisbee. Sunglasses and tanning lotion were only part of the fun which climaxed in a dance featuring the ever popular "Poppa-Do-Run-Run". Student fashions featured wild Hawaiian prints, straw hats, and

much exposed skin. Also on the entertainment list were vintage slapstick comedies and a full length Frankie Avalon/Annette Funicello movie, "Muscle Beach". Sun time was indeed fun time as student "tourists" flocked to the mall, ever gaudy in their black socks and straw hats. Beach towels were given to the prize winning "tourist" contestants, decked out in their zinc-oxide splendor. Students celebrated the coming summer, adding enthusiasm to an already exciting, spirited year.

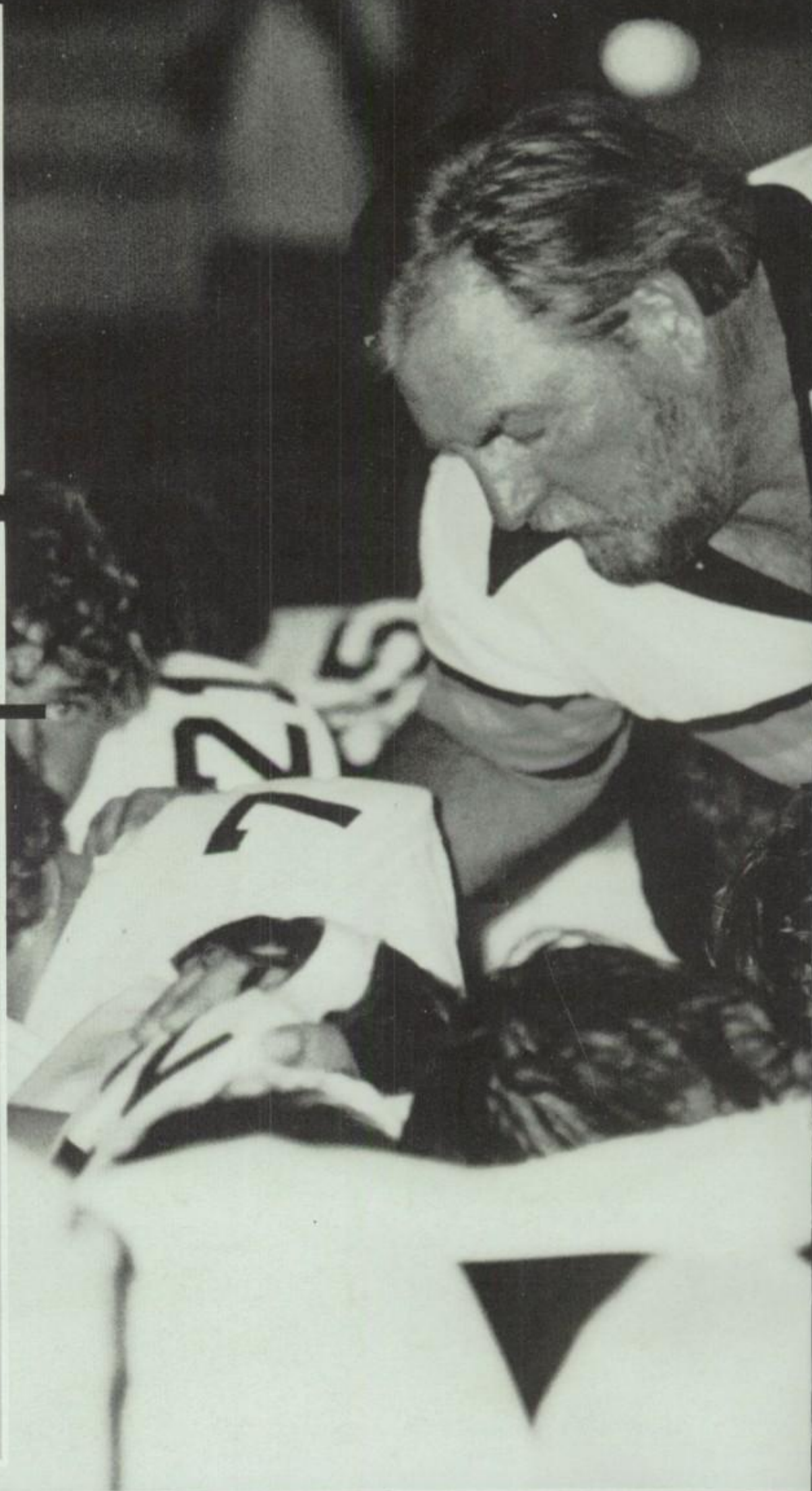


1. Two lovely Hawaiian honeys **Rob Madera** and **Aaron Stone** make the crowd laugh. 2. Tourists **Leslie Day**, **Amy Chaska**, **Lisa Vargo**, **Liesl Pike**, **Jenny McGlone**, **Allison McKeever**, and **Gini Cox** gather in the mall during Beach Week. 3. A true Pogo stick champion **Shaun Maloney** pogoed for nearly ten minutes to win Pogo Contest. 4. A circle of friends **Gini Cox**, **Kelly Kingston**, **Sean Cussen**, **Steve Stupien**, **Mary Kay Schuh**, **Jenny McGlone**, **Suzanne Norbraten**, and **John Niccoli** await the sun. 5. A human wave constructed by **Amy Chaska** and **Lisa Vargo** is ridden by **Liesl Pike**. 6. Hiding beneath the tropical foliage **Don Sedgwick** and **Sean Cussen** are discovered by the gardeners.



A CONTEST AMID RIVALS

Webster's dictionary defines competition as, "the act or process of competing; rivalry; a contest between rivals". What other word better describes the atmosphere of Capo Valley? From the time of the first team cut to the last league game, the intensity and feeling of Capo is embodied in competition. The school presents a challenge, daring students to achieve academically, socially, and athletically. The "Cougar Crunch" has led to a reputation which is known throughout the county and remains to be feared by rivals. The spirit of competition is everywhere. It's presence is seen on the practice field as well as at C.I.F. playoffs. In the short six years of C.V.H.S.'s history, it received awards and accolades for excellence in superior efforts and performances. Competition has and will continue to be the bonding additive which adheres our teams together and shows that "Cougars can't be Crushed".

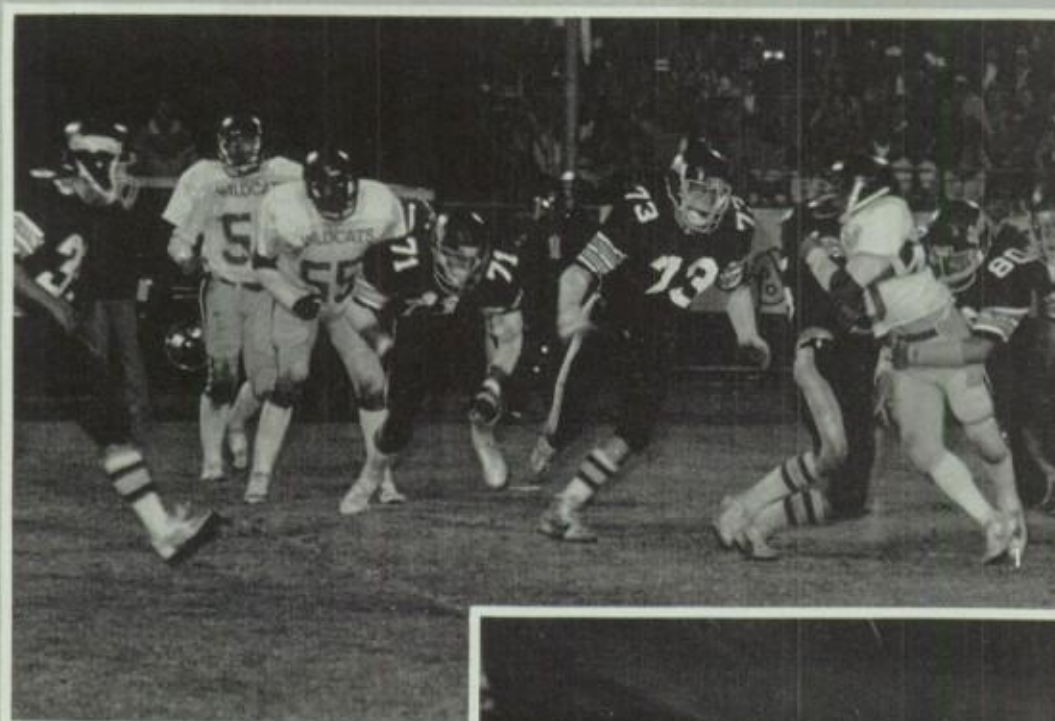


EXPRESSIONS



1. Excellent defense by #85 **Mark Davin** as he stops Mission High from scoring a touchdown. 2. Capo team spirit is ever-present as **Coach Enright** leads the team in a spiritual thought after a hard hitting game. 3. Serving for CVHS's Girls' Volleyball team is **Missy Ball** as they attempt to score against Laguna Beach. 4. A graceful return is made by **Chris Bartelt** as the Cougar's attempt to defeat Rolling Hills High in the CIF playoffs. 5. Another basket for the Cougar **Mitch A...** as they defeat San Clemente. 6. Blocking the ball, **Ray S...** keeps the Cougars' opponents from...

BEYOND THE GOAL



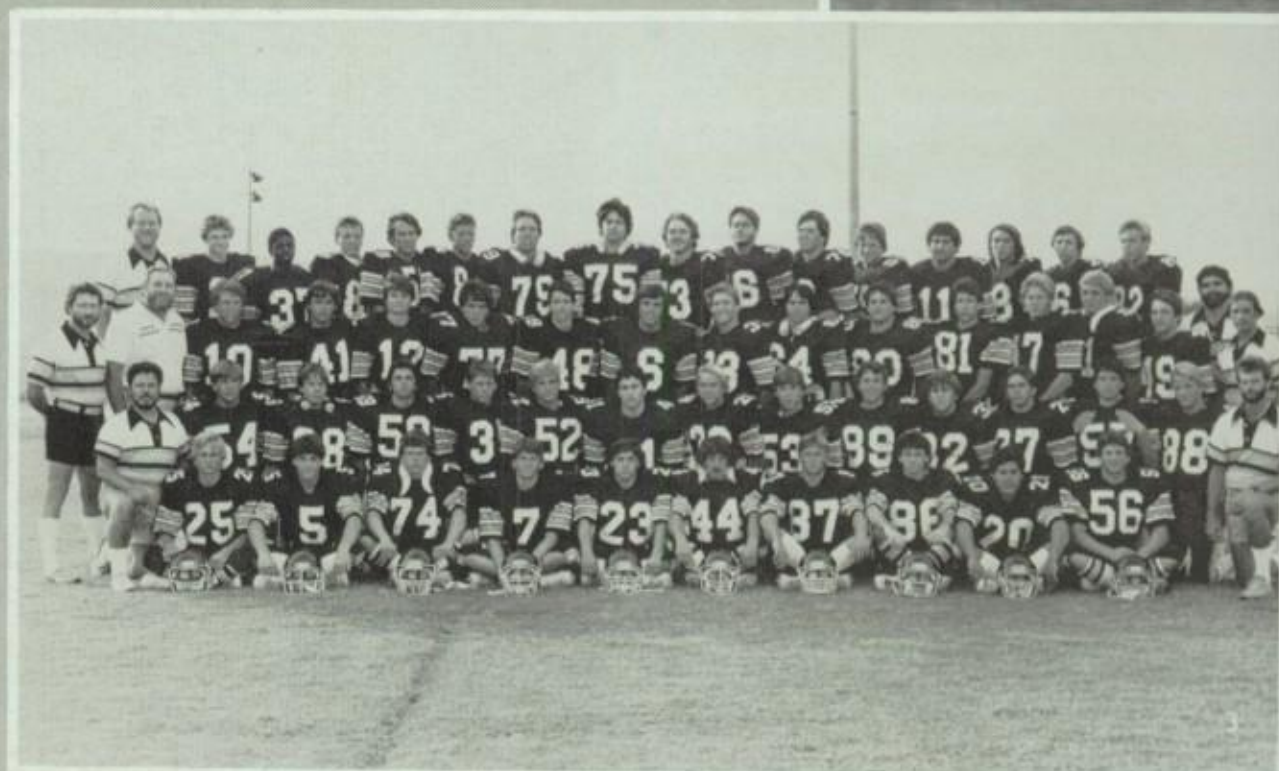
VARSITY FOOTBALL

C
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6	Foothill	14
7	Esperanza	29
27	Corona	7
57	Dana Hills	0
37	Woodbridge	7
7	Mission Viejo	7
63	Laguna Hills	13
28	Laguna Beach	0
22	San Clemente	0
17	Hacienda Heights	38

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1. Cougars round up a Wildcat as **Bobby Jenkins** closes in for the kill. 2. Defensive back **Jeff Russell** anticipates a Cougar victory as the time runs out. 3. **VARSITY FOOTBALL TEAM:** Front row - Coach C. Gallo, M. Balsis, C. McClure, J. McLaughlin, K. Durham, S. Gallo, D. Miller, S. Skupien, M. Regan, F. Banda, B. Shindler; 2nd row - Coach Callahan, J. Niccoli, B. Carter, J. Sherman, R. Snow, S. Crail, T. Puchi, H. Holmes, T. Wolin, S. Parker, R. Lanham, J. Russell, K. Julian, J. Mansukhani, Coach Rudolph; 3rd row - Coach Enright, B. Call, P. DeCasa, J. Kuss, R. Roche, M. Travisano, M. Vigil, M. Keenan, R. Gerard, W. DeCasas, S. Casillas, R. Bradley, R. Crawford, B. Trottier, Coach Panici; Back row - Coach Patton, B. August, R. Pendleton, M. Davin, B. Hibbs, M. Cisowski, S. Kinsey, R. Gerard, B. Jenkins, F. Sawaya, S. Ward, N. Wallner, E. Bache, R. Velardes, B. Burns, S. Campbell, Coach Elecciri

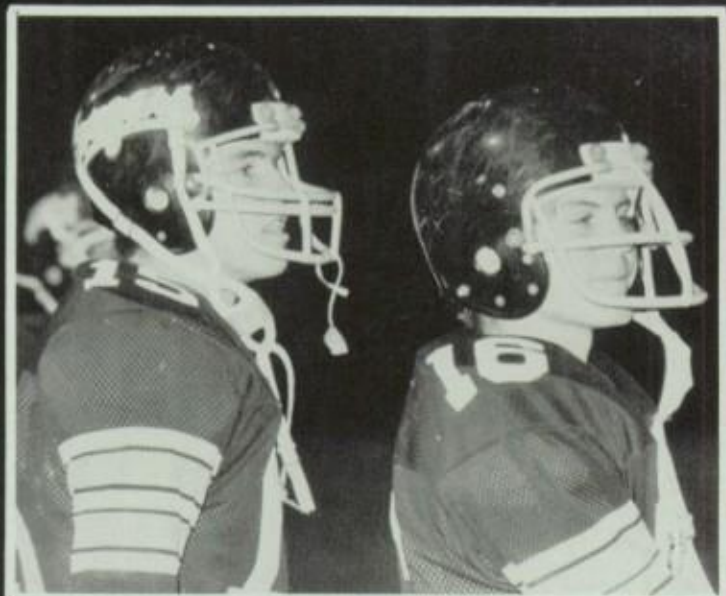




Rushing To The End Zone

This year's league champion varsity football team unfortunately ended the season surprisingly early. The coaches had anticipated perhaps another C.I.F. Central Conference trophy to exemplify Cougar standards. However, due to key injuries they were unable to accomplish that task. "This year's squad possesses talent and size comparable to the Cougar C.I.F. champs of two years ago; and if we can stay healthy I anticipate another Central Conference title", said Coach Dick Enright with a confident grin. Unfortunately bad breaks did not permit this talented team to enter C.I.F. with the desired starting line-up. Plagued with injuries the team was knocked out of the picture after the first round of play-offs. Nevertheless the squad once again managed to secure the well deserved title of League Champs, meeting tough Cougar standards. While in top shape the Cougars literally demolished opponents such as Dana Hills 57-0 and Laguna Hills 63-13, leaving them and others unforgetably punished and virtually scoreless. Congratulations once again Cougars for an exciting 1982 football season.

4. Breaking through Dolphin defenders, **Walt DeCasas** makes a first down. 5. League champ Cougars execute a punishing pile-up during the C.I.F. Playoffs.



Making Yardage

The Sophomore football team was proud in boasting their league record, second only to Mission Viejo. As the season waned in light of other sports, Coach Ray Fike was able to look back on the team's past accomplishments. This year's most valuable player was running back Dave Bamford, pummeling through the opposition's front line. Strength and strategy marked Rick Crawford and Dan Daily for most valuable line-backers. The team's spirit and unity combined with the athletes playing abilities to charge the team's electric performance. Assistant coaches Steve Enright and Mike Ortiz shaped the team for a victorious varsity next season. Displaying skill and speed the athletes practiced long and hard hours and their devotion was obvious despite previous losses. Coach support helped many players overcome some impossible odds. The group's maturity will continue striving for its full potential and return to the challenges of the coming year.

1. As the defense fends off the Laguna Beach Artists **Sean Campbell** and **Jeff Kelley** ponder offensive strategy. 2. Cougar defenders hold a firm line as S.C. Tritons fail to reach the goal. 3. Running back **David Bamford** focuses on game plan as punt return team heads for the sidelines. 4. Stunned and amazed **Brian Lowe** displays his reaction to a Cougar first down.



IN THE HUDDLE



SOPHOMORE FOOTBALL

C
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0	Foothill	26
0	Esperanza	24
16	Corona Del Mar	14
48	Dana Hills	6
0	Mission Viejo	3
6	Woodbridge	3
19	Laguna Hills	10
14	Laguna Beach	6
18	San Clemente	0

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5. SOPHOMORE FOOTBALL TEAM: Front row - D. McKeever, M. Cisowski, T. Smith, B. Cross, D. Curtis, C. Owens, G. Black, D. Kirk, T. Ige; 2nd row - T. White, E. Duclos, D. Caudell, B. Augustine, D. Daley, D. Carpenter, S. Vigil, A. Gutierrez, S. Swanson, S. Norris, J. McAllister; 3rd row - Coach Enright, J. Parker, T. Manley, B. Lowe, R. Bebout, R. Pospisil, J. Schreck, G. Doms, D. Heller, J. Miller, L. Lippert, C. Fike; Back row - M. Benton, J. Henderson, K. Felix, M. Atwood, S. Cassaro, D. Pritts, J. Miller, S. Baker, M. Bruce

AFTER THE SNAP



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FRESHMEN FOOTBALL

7	Foothill	7
21	Esperanza	13
0	Corona Del Mar	23
14	Dana Hills	7
6	Woodbridge	0
20	Mission Viejo	14
34	Laguna Hills	21
22	Chino	0
50	Laguna Beach	14
14	San Clemente	0

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1. As the ball is snapped, **Juan Jimenz** focuses on the opposition. 2. Executing with perfection, **Jason Trask** boots it through the uprights for 3, as **Bobby Rothwell** positions the ball. 3. **FRESHMAN FOOTBALL TEAM:** Front row - R. Fike, B. Cramer, M. Sorrentino, J. Olson, D. Bell, L. Faanes, S. Tullar, Coach Bill Rolfe; 2nd row - C. Engel, S. Fitzpatrick, T. Beightol, J. Jimenz, J. Knettles, D. Johnson, E. Fields, D. Curtis, T. Grieco, L. Hale, B. Rothwell; Back row - Coach Downey, Coach Snyder, N. Call, D. Schoney, M. Arnen, D. Hollo, D. Berkely, D. Ruffell, B. Benoit, J. Trask, C. Yohn





Planning The Strategy

The forceful freshman football team destroyed all opposition and won the South Coast League Championship title for the first time in Capo Valley's six year history. Two main things clenched the championship: coaching and practice. The excellent coaching staff consisted of Bill Rolfe, Craig Anderson, and Pat Santistevan, who provided experience and new strategies to thwart the onslaught of competitors. Adding strength to the instruction of the team was varsity coach Rob Downey. Drilling hard in practice, the team produced a finely-tuned athletic machine. Workouts and practice that began in the summer proved to be an integral part of the groups unity and power. Iron man Nathan Call made twenty unassisted tackles and four interceptions during the season. On the sidelines team statistician Jacque Young compiled some of the most promising data in the history of Capo Valley football. Ball carrier Lance Hale gained precious yardage and both the Chino and Laguna Beach teams were stunned with his adeptness. After their fine performance the team was able to celebrate their achievements and looked forward to the coming year.

4. Breaking the huddle the undefeated freshmen squad moves into formation. 5. Ready to explode **Scott Fitzpatrick** has the eyes of a tiger.



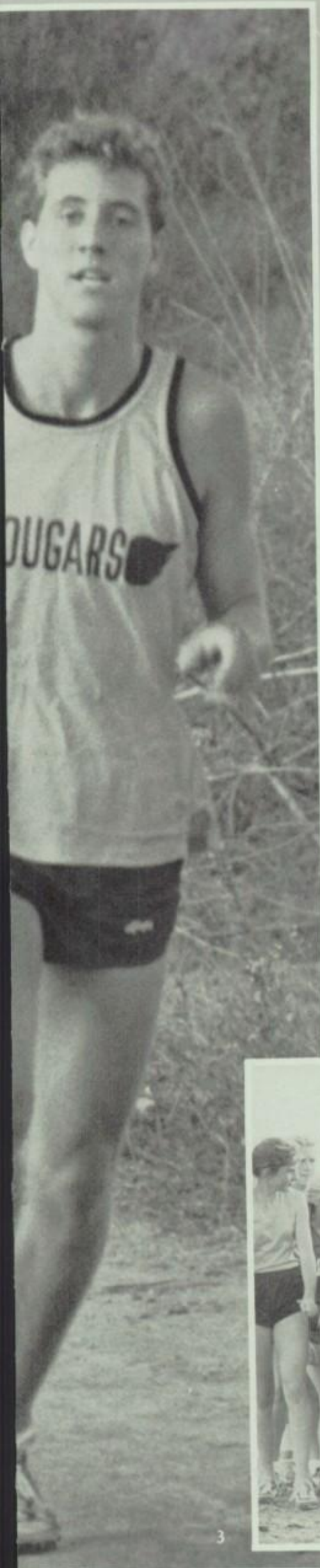
Striding Through The Course

The Capo Valley Cross Country team completed its season by defeating Laguna Hills and Laguna Beach to finish fifth in league competition. The squad was led by Rich Angell, voted Most Valuable Runner, and Steve Spriet, the team captain. John Marshall, in his first year of competition, was voted Most Inspirational Runner, and Ivan Lane was named Most Improved. The Cougar Women, led by Colleen Sweeney and Renee Baker performed spectacularly in league meets and only some untimely injuries prevented them from reaching C.I.F. Renee Baker was the team captain and Colleen Sweeney, who won her division of 75 girls in the Costa Mesa Invitational, was named Most Valuable Runner. Kim Dipsiner was voted Most Improved Player. With such skill and talent the cross country's team effort was rewarded infinitely.

1. Psyching up for an endurance run **Colleen Sweeney** and **Kristin DeVoto** prepare for the long run. 2. **CROSS COUNTRY TEAM** - Bottom row: Chris Torri, Carl Nelson, Ivan Lane, Dave Bennett, Rich Angell, Ken Romo, Steve LaPatner, Matt Marshall 2nd row: Jim Earnest, Kim Hill, Kristin DeVoto, Shannon Niccola, Renee Baker, Colleen Sweeney, Heather Ferguson, Kim Dipsiner, Karen Nance, Alan Dennison Back row: Coach Veeh, Mike Talbott, Brian Galpin, John Marshall, Steve Spriet, Mike Neckerman, Brett Osterfeld, Brian Simington, Mike Rondeau, Steve Fitzpatrick, Coach Steinriede



OVER THE HILL



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CROSS COUNTRY LEAGUE SCHEDULE

Sept. 23	San Clemente
Sept. 30	Dana Hills
Oct. 7	Woodbridge
Oct. 14	Mission Viejo
Oct. 21	Laguna Hills
Nov. 2	Laguna Beach

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3. Loping through the rugged terrain **John Marshall** takes the lead with **Rich Angell** following close behind. 4. Off to a running start, **Ken Romo, Brett Osterfeld, John Marshall, and Ivan Lane** make their way to the finish line. 5. With the finish near, **Renee Baker** gives it that last kick as she edges out her Laguna Beach opponent. 6. Top ranked Cougar Girl's Cross Country runners line up in anticipation of the gun and a victory over Laguna Beach.

UNDER THE DIG



GIRLS' VOLLEYBALL

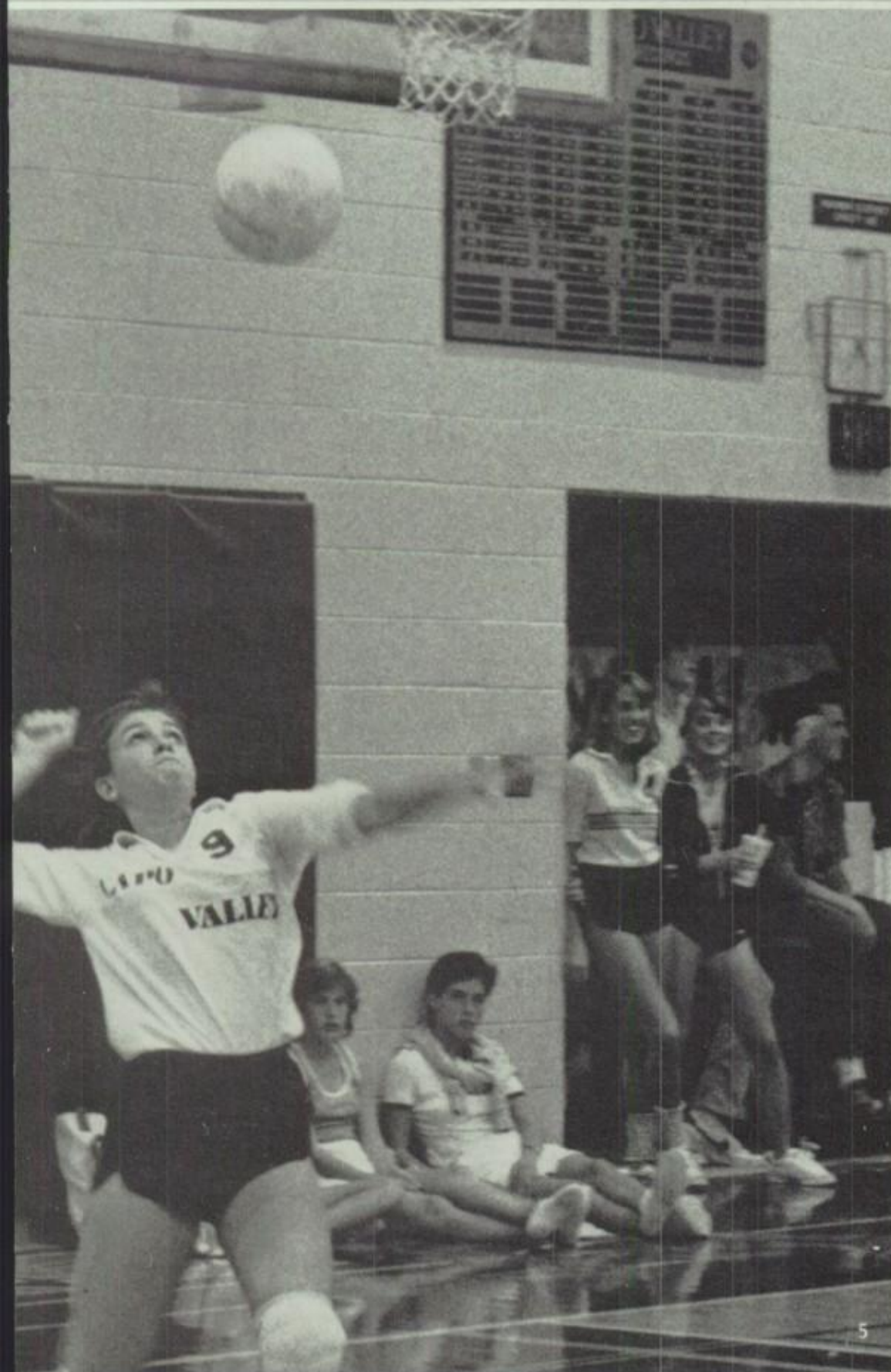
C
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JV	V		V	JV
L	L	Dana Hills	W	W
L	W	Woodbridge	L	W
L	W	Mission Viejo	L	W
W	W	Laguna Hills	L	L
L	L	Laguna Beach	W	W
L	L	San Clemente	W	W

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1. Anticipating the win, **Debbie Stroup**, the team's coach, plans the strategy for game point. 2. Setting up for the dig, **Nicki DeMaggio** and **Holly Porter** read the opponents hit. 3. **VARSITY GIRLS' VOLLEYBALL TEAM**: In the car - Crystal Doughman, Kathie Brown; Around the car - Angie Haryung, Heather Burns, Nicole DelPrado, Stef Raiola, Coach Gipe, Cathy Stemmons, Lisa Arnerich, Janet Schnitzler





Hitting The Deck

This year's league champion varsity football team unfortunately ended the season surprisingly early. The coaches had anticipated perhaps another C.I.F. Central Conference trophy to exemplify Cougar standards. However, due to key injuries they were unable to accomplish that task. "This year's squad possesses talent and size comparable to the Cougar C.I.F. champs of two years ago; and if we can stay healthy I anticipate another Central Conference title", said Coach Dick Enright with a confident grin. Unfortunately bad breaks did not permit this talented team to enter C.I.F. with the desired starting line-up. Plagued with injuries the team was knocked out of the picture after the first round of play-offs. Nevertheless the squad once again managed to secure the well deserved title of League Champs, meeting tough Cougar standards. While in top shape the Cougars literally demolished opponents such as Dana Hills 57-0 and Laguna Hills 63-13, leaving them and others unforgetably punished and virtually scoreless. Congratulations once again Cougars for an exciting 1982 football season.

4. Positioning for the pass, **Gay Heineman** displays ideal form as **Reema Dandan** looks on. **5.** Tossing the ball up, **Reema Dandan** is ready to serve for another point. **6. J.V. VOLLEYBALL TEAM:** Front row - Gay Heineman, Kris Peterson, Missy Gabris, Missy Ball, Nicki DeMaggio, Reema Dandan, Coach Stroup; Back row - Pam Presley, Dena DeMaggio, Janice Bugna, Michele Rahn, Reggie Landa, Holly Porter, Celia Kavanaugh

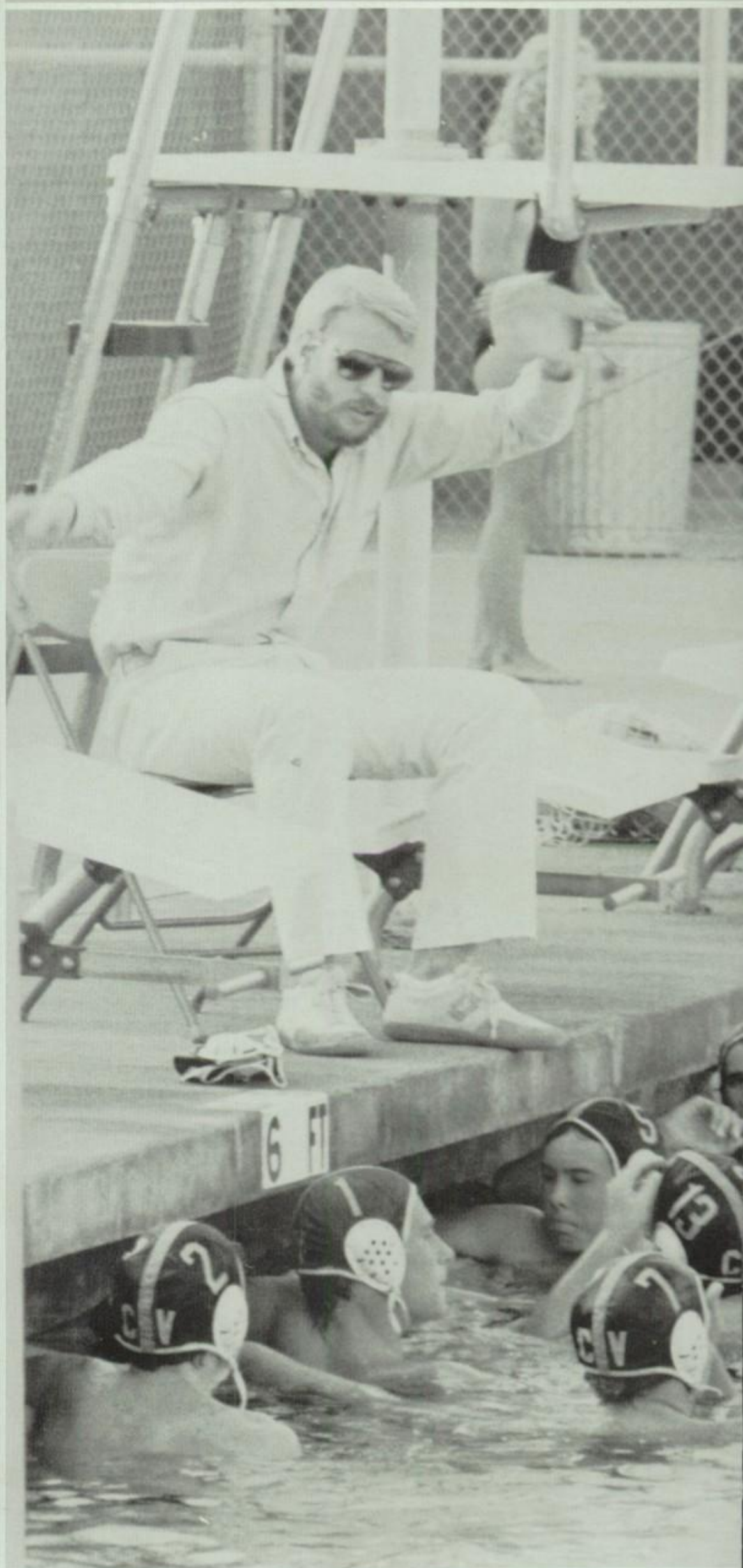




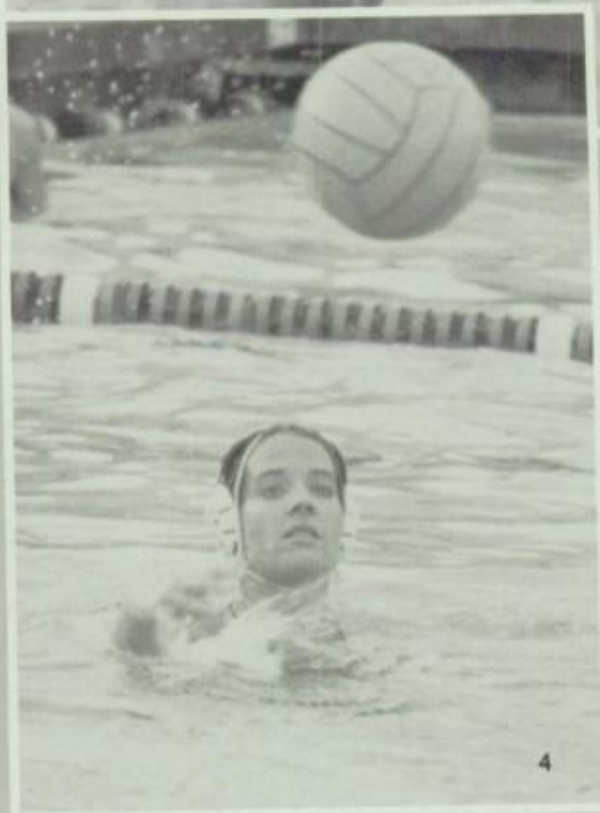
Treading For Triumphs

For Varsity Waterpolo the 1982-83 season was a year spent building the talent and skill of the team. The players were encouraged to develop strategy and a keen sense of team effort in order to thwart their opponents. The year had its upsets and losses but on the whole, says Coach Gary Price, "This year was a building year and I was proud of the team's overall improvement". Individuals who dominated the games were Ray Schlager, Kim Dellota, Craig Whitenack, Mary Annala, and Tim Brillhart. As the goalie Schlager had over one hundred saves, earning him Honorable Mention All League, along with fellow teammates Mary Annala and Kim Dellota. Dellota scored the most goals with a total of 46 during the season. Craig Whitenack followed with 16. Both Whitenack and Dellota were honored with Most Valuable Player while Bill Washburn was voted Most Improved Player. Whitenack also received notoriety by making the 1st Team All League. As the players matured the season proved to be one of success and victory.

1. Responding to the interception **Kim Dellota**, **Craig Whitenack** and **Mike Eckman** tread to their positions to motion through a play and score. 2. Directing the team, **Coach Price** plans the strategy for an extra goal. 3. Amid the splash **Kim Dellota** and **Bruce Orcutt** swim past defenders to set up for the point. 4. Striking the ball with full force to her teammate, **Mary Annala** warms up before the first league game.



AMID THE SPLASH



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WATERPOLO

F/S	V		V	F/S
5	7	Dana Hills	9	3
8	7	Laguna Beach	2	0
4	4	Laguna Hills	16	12
6	3	San Clemente	11	7
6	4	Mission Viejo	14	14

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5. WATERPOLO TEAM: Jenny Taylor, Jeff Sprouse, Mike Eckman, Jeff Werkmeister, Don St. Jean, Jeff Theders, Ray Schleger, Kim Dellota, Bruce Orcutt, Tim Brillhart, Craig Whitenack, Bill Washburn, Ron Sprouse, John Lacorazza, Mary Annala



BEHIND THE ACE



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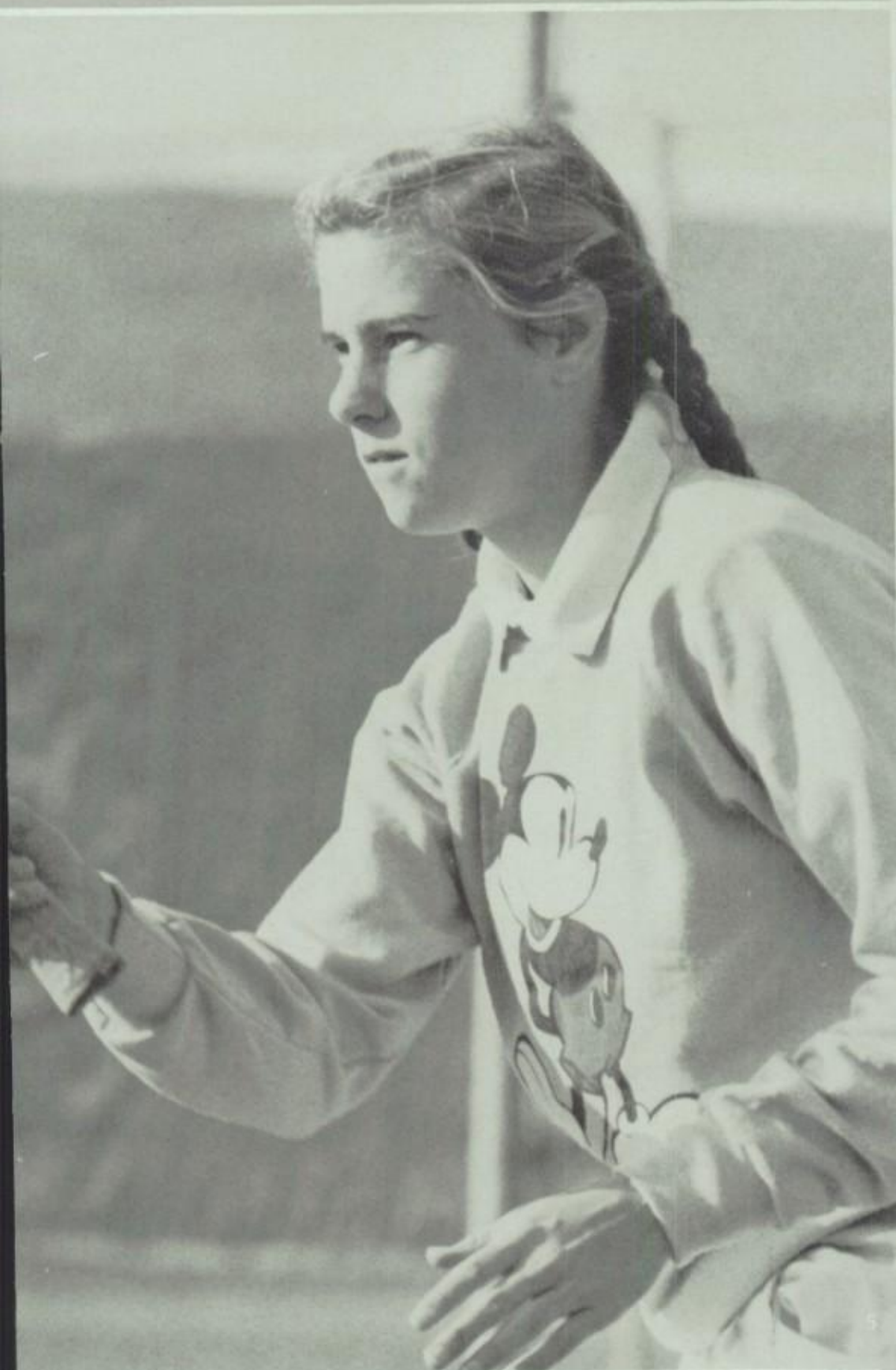
GIRLS' TENNIS

JV	V		V	JV
16	18	San Clemente	0	2
12	14	Dana Hills	4	6
14	15	Woodbridge	3	4
11	17	Mission Viejo	1	7
17	18	Laguna Hills	0	1
3	8	Laguna Beach	10	15

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1. Enjoying a breather **Nikki Moffat**, **Michelle Myers** and **Lawnee Olson** show relief as teammate wins match point. 2. Using her strong forehand, **Christa Coutlee** returns the ball for the point. 3. **VARSITY TENNIS TEAM**: Front row - Christen Bartelt, Maureen Fitzsimons, Heidi Miller; 2nd row - Sooz Moffat, Sondra Mitchell, Michelle Hardy; Back row - Coach Vicki Juneman, Christa Coutlee, Krista Ahlers, Andrea Denish, Shawn Fishbaugh





Making The Point

One word definitely describing this year's Girls' Tennis is strength. Skill and talent were powerful elements driving the team to its success. For the first time varsity advanced to 4A CIF competition, losing to Rolling Hills. Coach Vicky Juneman commented that her team was "the most powerful group we have ever had". Sonda Mitchell was one of the toughest singles players in the South Coast League. Others who dominated the court were Heidi Miller, Soozie Moffat, Krista Ahlers, Andrea Denish, Kristen Bartlett, Christa Coutlee. J.V. Tennis constantly outmatched their competitors with enthusiasm and skill their tie for first in the division with Laguna Beach crowned an otherwise unbeatable season. The team has been "one of the most memorable and hardworking groups" Carol Kirk has had the pleasure of coaching. Players igniting the team performance were Belinda Bradshaw, Nicki Moffat, Jill Laughlin, Shannon Gaudet, and Stacy Patterson. The team's spirit was a valuable asset and everyone contributed to the final victory.

4. J.V. TENNIS TEAM: First row - Jill Laughlin, Joan Laughlin, Diane Lockareff, Kristine Mulhaupt, Judy Kotte; 2nd row - Michelle Myers, Belinda Bradshaw, Gwen Glassman, Stacey Patterson, Shannon Gaudet; Back row - Coach Carol Kirk, Nikki Moffat, Coco Rostoker, Lawnee Olson, Susan Casey, Shari Price **5.** Full of anticipation, **Sonda Mitchell** awaits the return. **6.** Following through in good form, **Diane Lockareff** hits down the line.



Fans Provide The Sports Experience

Enthusiastic Fans Cheer For Cougar Winners

by Christina Quintana and Andrea
Carter

Fans are an integral part of the sports experience. An athlete is trained by his coach and develops incentive as he progresses, but it is important that he gain outside support. That support is given freely by the enthusiastic fans at Capo Valley. Fans trust their teams to make the best possible effort, and it is that special unity which manifests itself in the cheering crowd. There is an added sense of power and excitement when the crowd leaps up to applaud victory. The energy radiating from the bleachers and stands often compensates for the doubts and uncertainties of the individual teammates. Many players comment that the roar of the fans provide one reason why they try their hardest. Fans provide loyalty and a strong foundation from which the team develops into an electrifying unit, striving for victory.

FEATURE: FANS



1. Capo fans are the ever needed catalyst which ignites the Cougar spirit. 2. The enthusiasm of Capo pepsters is a much needed asset to our athletic program. 3. Capo Band members show their pep by displaying the Cougar Black and Gold.



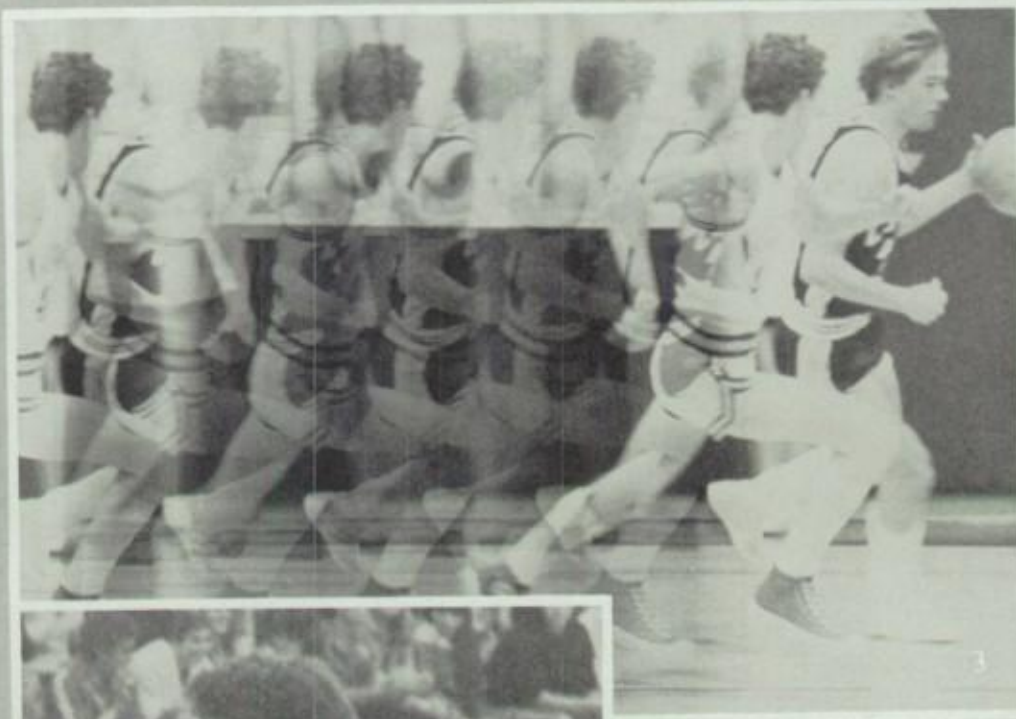
Tipping For Two

Another spectacular season marked the victories of the Boys' Varsity Basketball team. Each year the students had been strengthening skill and technique and those long hours of practice finally paid off. Many thanks are owed to Coach Mark Thornton and the rest of the coaching staff. Their instruction and aid undoubtedly pushed the team to their spot in the lime-light. However, a modest Thornton remarked, "The guys contributed their time and effort to the game. Hey, without the talent the team couldn't have been as successful". The team was ranked number one in the South Coast League and number five in the county of Orange. Other schools felt the pressure of the Capo Valley squad and shirked under their superiority. Indeed, the team placed eighth in the CIF-3A division, an honorable distinction. "Globetrotter" marvels Walt DeCasa and Don Sedgwick slam-dunked their way to high school basketball fame among the season's best players. As a unit the team conceived a strategy impossible to beat. Winning almost every game. Effort, ability, and a great coaching staff left Varsity basketball nothing less than excellent.

1. Flying through the air, **Don Sedgwick** leaps from the foul line to lay-up two points when practicing before the deciding game for 1st place with Dana Hills. 2. Jumping an extra foot, **Dan Mulder** tips the ball towards Cougar territory after practicing this technique for the entire season.



AFTER THE REBOUND



VARSITY BASKETBALL		
C V H S	V	V
	62	Dana Hills 43
	71	Woodbridge 38
	69	Mission Viejo 60
	69	Laguna Hills 59
	75	Laguna Beach 47
	83	San Clemente 71
	64	Dana Hills 57
	76	Woodbridge 53
	84	Mission Viejo 63
S	64	Laguna Hills 63
	77	Laguna Beach 62
	86	San Clemente 60
O P P O N E N T		

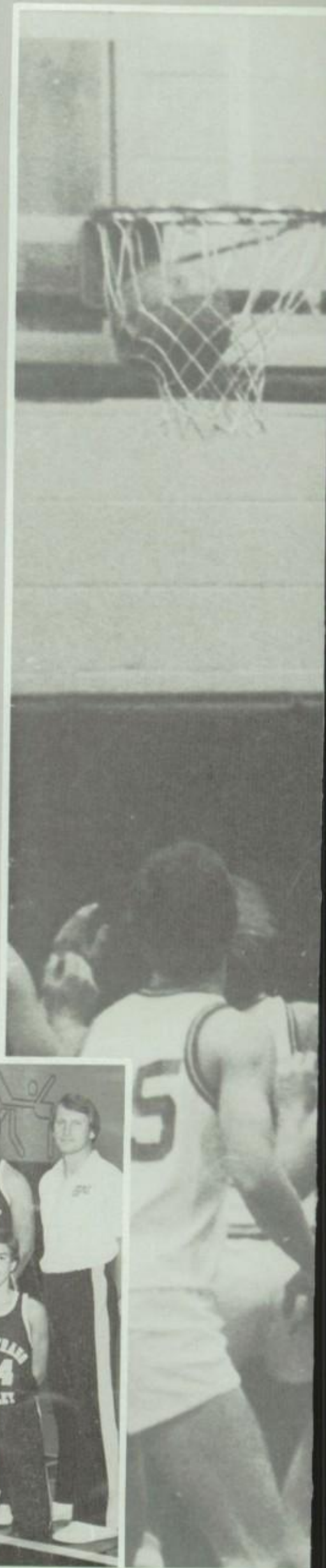


3. Gliding down the court, **Mitch Anderson** stifles a Woodbridge Warrior as he scores another powerful lay-up to bring the Cougars to a dominating win.

4. Signaling to set-up a play, **Burt Call** has the experience on this varsity level to help execute the movements for Cougar wins throughout the entire season.

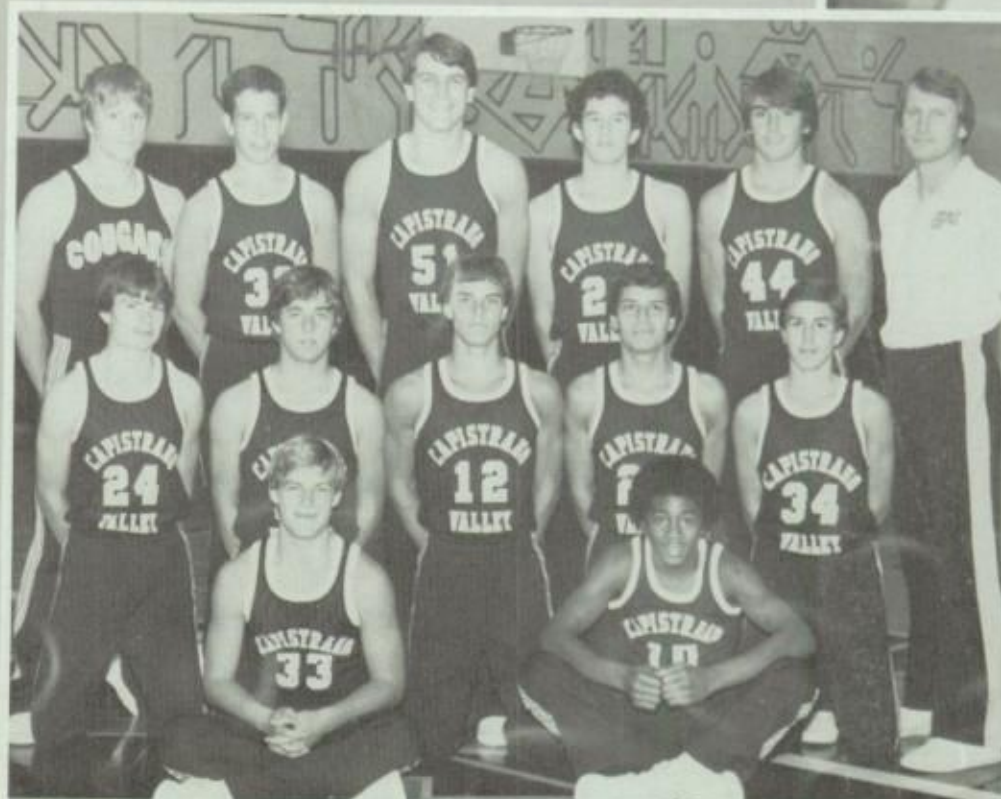
5. **VARSITY BASKETBALL TEAM:** Front row - Don Sedgwick, Mitch Anderson, Burt Call, Dan Mulder, Brian Trevino; Back row - Mike Aguilar, Walt DeCasas, Nathan Call, Mark Otta, John Ris

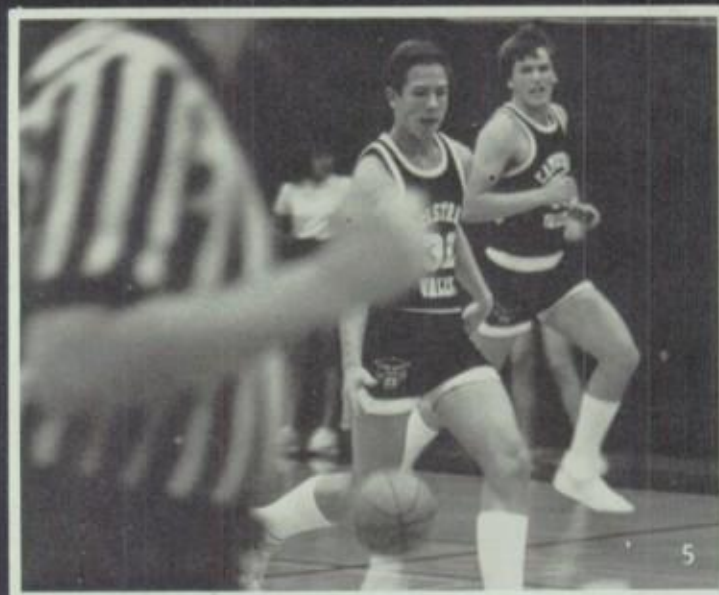
DOWN THE COURT



C V H S	JV BASKETBALL		O P P O N E N T
	JV	JV	
	51	Dana Hills	47
	53	Woodbridge	35
	36	Mission Viejo	43
	60	Laguna Hills	42
	66	Laguna Beach	54
	57	San Clemente	53
	56	Dana Hills	51
	27	Woodbridge	25
	40	Mission Viejo	51
	56	Laguna Hills	51
	59	Laguna Beach	51
	65	San Clemente	49

1. Defending the Woodbridge Warriors, the Cougar JV man-to-man strategy in the 4th quarter shuts out any of the opponent's shots. 2. Extending his arms for the rebound, **Brian Blutreich** forces his way through Diablo defenders to motion through a side line play for a Cougar score. 3. **JV BASKETBALL TEAM:** Front row - Steve Burnett, Pat Wilson; 2nd row - Jeff Kuss, Paul DeCasas, Mike Polini, George Herrera, Kurt Conrad; Back row - Neil Walner, Shawn Reed, Brian Blutreich, Marc Caporaso, Rick Velardes, Coach Ken Kaefer





Executing the Play

Overtime was commonplace this year on the Boys' Junior Varsity Basketball team. With such games against Dana Hills in January, the complete team effort that had been acquired through many after school hours had proven to be an effective device against opponents. As it was this year, time just did not allow for those occasional mistakes that snuck their way into the game. The outstanding team worked with the steady improvement of their "Cat Moves" which made for many wins, giving them a feeling of confidence and satisfaction. Coach Ken Kaefer said, "We couldn't relax. We had everything going for us; a great bunch of guys, the will to try, and the stamina that makes for a great team". Coach Kaefer contributed time and effort to the support and guidance of his team. Refining the skills of last year's frosh/soph team, Kaefer helped guarantee the group its C.I.F. placement, establishing Capo Valley as a strong force to be reckoned with. The power and excitement of the 1982/83 Boys' JV Basketball team reinforced the impeccable record of Capo Valley's athletic endeavors.

4. Tipping another two points, **Brain Trevino** is in position to be used for either the Varsity or JV teams in games as well as practices. 5. After another steal, **Shawn Reed** solos down the court for an easy two points with **Brian Blutreich** coming from behind to make sure the opposing defender is ready for the full court press.



Hustling on Defense

The Cougar Sophomore and Freshman Basketball teams had an outstanding season. The sophomore team succeeded in building a respected reputation for future teams. They contributed all their effort to make it a victorious season. During the pre-season the sophomore team had eleven victories and only one defeat. The star of the team was Gregg Bujnovsky, averaging 24 points a game. Reid Lukes also helped a great deal by averaging 15 points a game. Coach Henry Mikiewicz was new to the coaching staff but despite the obstacles the Cougar team soared to the heights of basketball wizardry. The sophomore basketball team continued an attitude of assurance and self-confidence to overcome stiff competition. The freshman basketball team had an amazing season. Halfway during the season they were second in the league, winning 7 victories with only one defeat. The freshman team came second in the Dana Hills tournament. Todd Beightol was the outstanding player on the team by averaging 20 points a game. Ronnell Balagot and John Davey averaged 10 points each game. Group improvement resulted from back-breaking practice and self-discipline. With a firm foundation the Cougars will undoubtedly seek such exciting seasons in the future.

1. Ace player **Bob Binder**, eyes the basket as San Clemente Tritons attempt a block. 2. **FRESHMEN BASKETBALL TEAM:** Front row - R. Morse, T. Silber; 2nd row - D. Bush, R. Balagot, T. Beightol, J. Gatdula, K. MacLeod; Back row - P. Wend, S. Montes, R. Binder, J. Davey, D. Ruffel, R. Sheenan, Coach Steve DeCasas



UNDER THE HOOP



FROSH/SOPH BASKETBALL					
C V H S	F	S		S	F
	48	77	Dana Hills	19	46
	67	Bye	Woodbridge	Bye	48
	34	62	Mission Viejo	45	47
	57	58	Laguna Hills	51	23
	68	Bye	Laguna Beach	Bye	57
	60	71	San Clemente	51	41
	64	Bye	Woodbridge	Bye	37
	45	52	Mission Viejo	69	46
	44	52	Laguna Hills	56	35
	44	Bye	Laguna Beach	Bye	33
	78	73	San Clemente	55	50
O P P O N E N T					



3. Super dunker **Tom Manly** warms-up as Cougars prepares to meet the San Clemente Tritons on Capo's courts. 4. At the ready for a jump-shot, **Gregg Bujnovsky** puzzles Capo opponents with a dazzling sinker. 5. Blocking ace **Reid Lukes** shows true Cougar style as he shoots over opponent in attempted basket. 6. **SOPHOMORE BASKETBALL TEAM:** Front row - R. Bebout, M. Bruce; 2nd row - R. Seapy, W. Maciborsky, T. Manly, M. Vollmer, G. Bujnovsky; Back row - Coach Henry Mikiewicz, C. Baker, M. Benton, R. Lukes, L. Aguilar, C. Burstein

UP IN ARMS



GIRLS' BASKETBALL

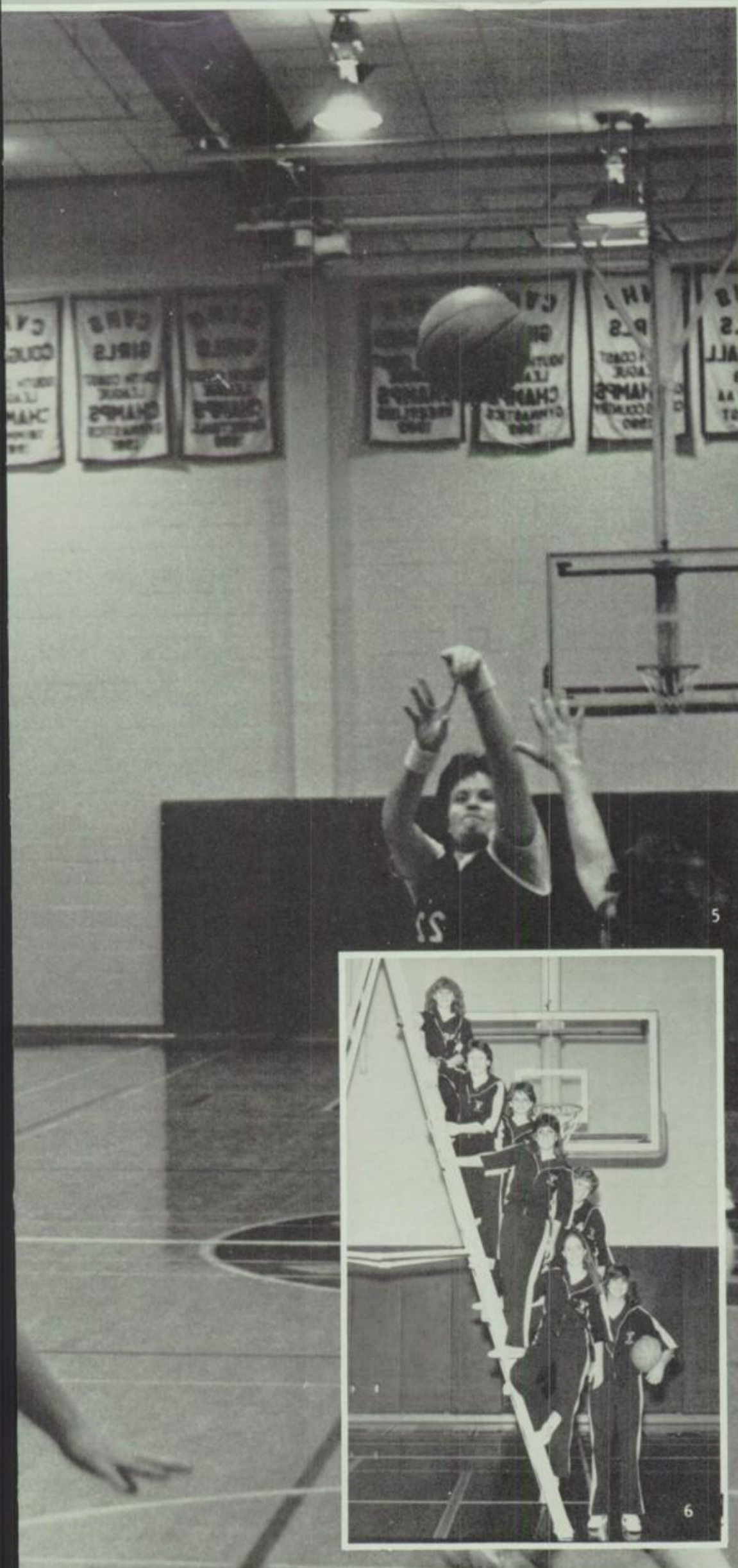
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JV	V		V	JV
12	29	Dana Hills	34	16
21	24	Woodbridge	28	33
11	16	Mission Viejo	54	39
18	28	Laguna Hills	46	38
15	39	Laguna Beach	37	26
21	34	San Clemente	58	33
20	41	Dana Hills	49	19
25	35	Woodbridge	36	26
38	37	Mission Viejo	58	44
16	49	Laguna Hills	31	15
12	45	Laguna Beach	30	13
24	35	San Clemente	55	34

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1. Running down the court, **Patty Robinson** tries to keep the ball away from the San Clemente Tritons. 2. The Capo Valley team gives their all in an attempt to grapple the ball away from Woodbridge players. 3. **JV BASEKTBALL TEAM:** Front row - K. Bower, L. Sadey, T. Kingston, L. Hausdorfer, B. Pillie; Back row - K. Meidell, P. Robinson, J. Meagher, S. Earl, M. Hartouian, L. Leiter, Coach Mike DeGeer

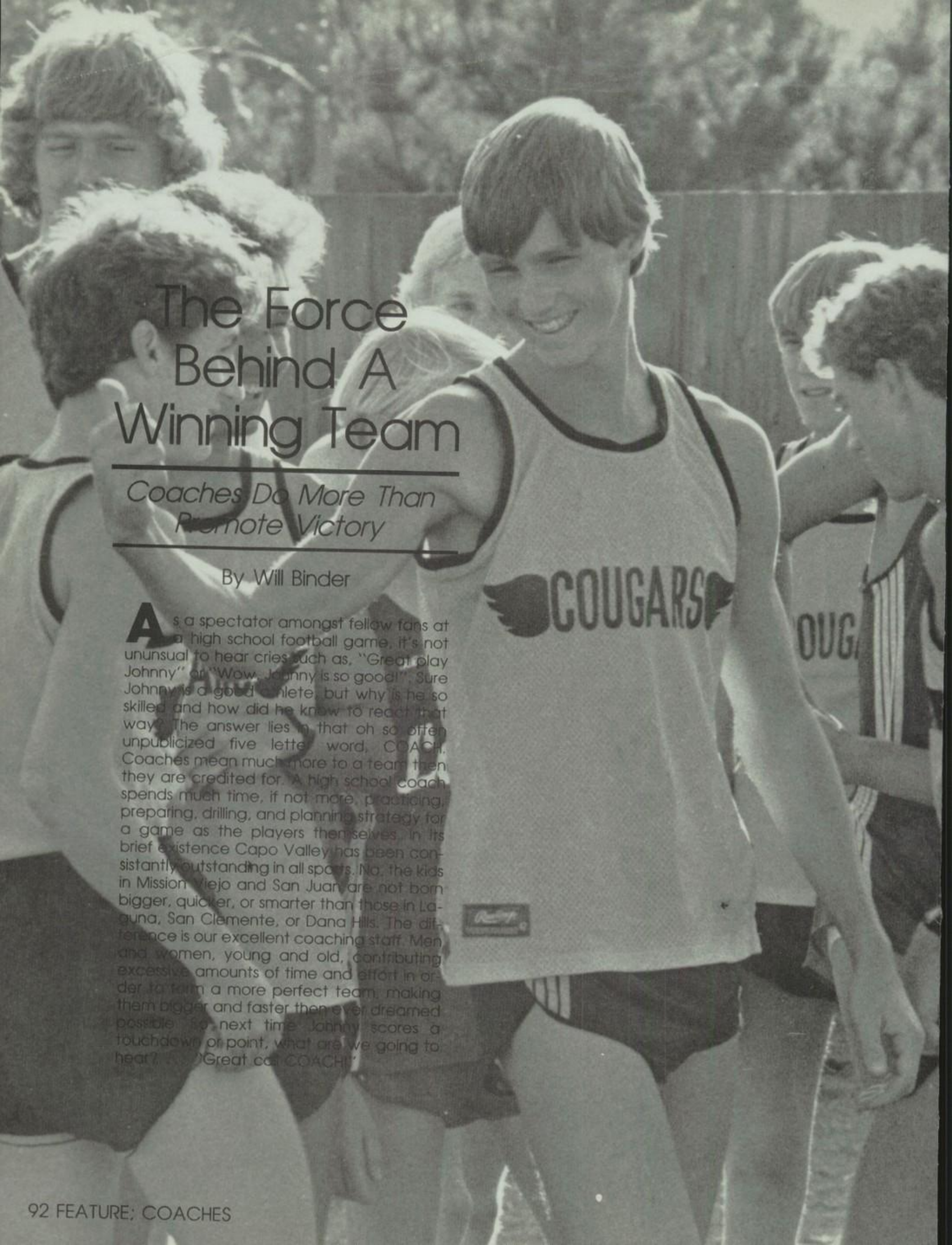




Blocking The Shots

Girls' Basketball team forged through competition and incredible odds but despite setbacks the teams were able to display unmatched sportsmanship and pride during their moments on the court. The varsity team had a rollercoaster season with many ups and downs. One of the high points of the season was a win over the Laguna Beach team. Even with a lack of players the girls showed themselves to be a dedicated group who yearned victory but were satisfied with playing a good game of basketball. Coach Harlan Peet devoted considerable time not only to the strategy of the game but to the personal growth that takes place in competitive sports. Said Peet, "I liked watching them play as athletes, but much more rewarding was the metamorphosis of a fantastic group of people." Junior Varsity matured in playing ability and refining their techniques. Lynn Sadey and Patty Robinson succeeded as the most outstanding players on their team. Lynn Sadey scored ten points against Laguna Beach in a hearty contest of speed and skill. The Girls' Basketball may not have been invincible but their attitudes confirmed a self-confidence worth recognizing.

4. Girls "man-to-man" defense proves to be a good solution as **Theresa Aldrich** uses her skills to stop the offense. 5. Aiming for the basket **Theresa Aldrich** tries to make a 15 foot jump shot against Woodbridge High. 6. **VARSITY BASKETBALL TEAM:** L. Floyd, T. Aldrich, A. Chaska, L. Vargo, C. Doughman, M. Huben, C. Holt



The Force Behind A Winning Team

*Coaches Do More Than
Promote Victory*

By Will Binder

As a spectator amongst fellow fans at a high school football game, it's not unusual to hear cries such as, "Great play Johnny" or "Wow, Johnny is so good!". Sure Johnny is a good athlete, but why is he so skilled and how did he know to react that way? The answer lies in that oh so often unpublicized five letter word, COACH. Coaches mean much more to a team than they are credited for. A high school coach spends much time, if not more, practicing, preparing, drilling, and planning strategy for a game as the players themselves. In its brief existence Capo Valley has been consistently outstanding in all sports. No, the kids in Mission Viejo and San Juan are not born bigger, quicker, or smarter than those in Laguna, San Clemente, or Dana Hills. The difference is our excellent coaching staff. Men and women, young and old, contributing excessive amounts of time and effort in order to form a more perfect team, making them bigger and faster than ever dreamed possible. So next time Johnny scores a touchdown or point, what are we going to hear? ... "Great call COACH!"

FEATURE: COACHES



1. A motivational speech is presented by Coach **Bill Steinriede** as his cross country runners prepare for the big race. 2. With football Cougars on the field, **Eric Patton** and **Dave Eleccarl** discuss team strategy. 3. Coach **Ken Koeler** gives some constructive pointers to his JV team before they head out to the court.



Zippering Past the Foes

Charging into the new season, the Boys' Soccer teams continued to defeat rivals left and right. The varsity team was senior oriented with only a few juniors. Throughout mid-season the junior varsity team went undefeated, ranking them number one by February. A very powerful offense matured through long hours of practice and discipline. Competition was rigorous as varsity coach Ron Willms commented, "Everyone did great! We just always seemed to run out of time to turn those ties into wins". The team's great success was owed to the aggressive nature of the players who never hesitated to attack the ball. Fine Coaches Roger Bergerson and Mike Norris molded player performances in junior varsity and frosh/soph respectively. They gave the team advice and instruction, steering them towards victory. Strategy planning paid off in the end as the athletes were glorified in the season's final triumph.

1. Fast to react. Derek Erbe taps the ball out of reach for Cougar opponent. **2. FROSH/SOPH SOCCER TEAM:** Front row - E. Kotowitz, M. Jensen, C. Hill, E. Umbrecht, D. Thibedeau, S. Skupien; 2nd row - L. Samuelson, T. Norris, D. Dennis, M. Sorrentino, R. Naranjo, S. Tullar, J. Leighton; Back row - J. Ricker, B. Kollias, B. Simington, J. Parker, J. Duer, J. Attaway, J. Thornton, J. Ortler, Coach Mike Norris



IN A FLASH



BOYS' SOCCER				
JV	V		V	JV
0	3	Mission Viejo	1	0
4	4	Laguna Hills	4	0
1	0	Laguna Beach	0	0
5	1	San Clemente	0	0
1	2	Dana Hills	2	0
4	4	Woodbridge	0	0
1	0	Mission Viejo	2	3
6	7	Laguna Hills	0	0
2	2	Laguna Beach	2	0
6	1	San Clemente	1	0
3	0	Dana Hills	3	2
4	3	Woodbridge	0	0



3. VARSITY SOCCER TEAM: Front row - S. Vigil, M. Ontiveros, S. Skupien, K. Romo, C. Noble, M. Molina, C. Brull, B. Magyar, D. Erbe, B. Molina, S. Eckel; Back row - Coach Ron Wilms, C. McClure, B. Snyder, B. Dunlap, S. Swanson, M. Bergersen, D. Zeller, D. Smith, S. Norris, S. Spriet **4.** Returning the ball back to safety, **Dave Smith** executes another difficult kick. **5.** Dribbling is no problem for **Bob Molina** as he maneuvers past oncoming opponents. **6. JV SOCCER TEAM:** Front row - O. Rosales, P. Pino, M. Lawson, B. Bingham, T. Ritti; 2nd row - N. Shaver, M. Hudson, J. O'Donnell, Smith; Back row - Coach Roger Bergersen, J. Buck, H. Gabira, M. Stein, M. Maynard, T. Smith, C. O'Brien

DOWN THE FIELD



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		GIRLS' SOCCER			
JV	V		V	JV	
0	1	Mission Viejo	3	1	
0	1	Laguna Hills	0	0	
3	1	Laguna Beach	1	3	
0	0	San Clemente	2	2	
1	0	Dana Hills	3	5	
5	4	Woodbridge	0	1	
1	1	Mission Viejo	0	2	
0	2	Laguna Hills	0	0	
0	1	Laguna Beach	2	1	
0	0	San Clemente	0	4	
0	0	Dana Hills	0	2	
7	4	Woodbridge	0	1	

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1. Kicking the ball down the field, **Kathy Zimmerman** goes towards the goal post to score the winning point. 2. Keeping the ball away from her opponent, **Debbie Ray** maneuvers the ball away.
3. VARSITY SOCCER TEAM: Front row - K. Zimmerman, L. Rausch, D. Ray, K. Brown, R. Landa, N. DeMaggio, A. Rhee; Back row - J. Neville, K. Jensen, G. Andrews, L. Treptow, K. Nance, K. Clark, K. Webster, S. Gaudet, Coach Gary Jensen



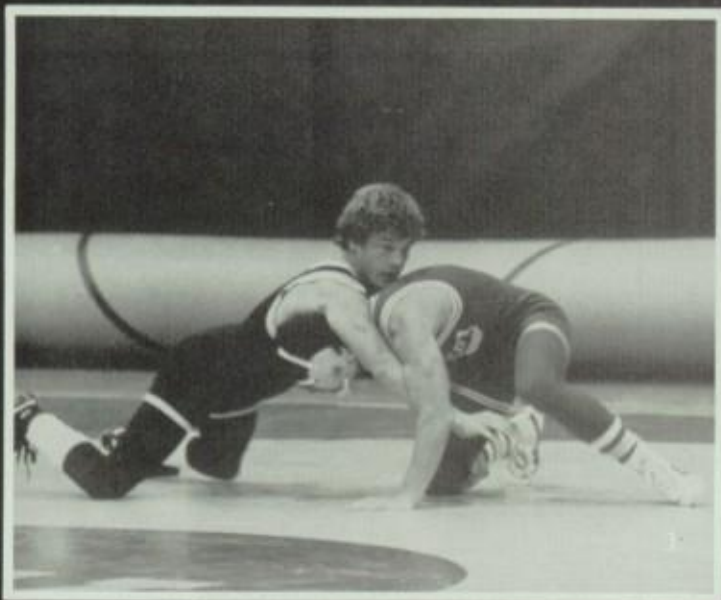


Scoring for Victories

It was an amazing season for Girls' Soccer. They had a fresh start with two new coaches, Gary Jensen and Dennis Ray. The teams acquired quite a few freshmen players from club teams who matched their skills with veterans from last year because of guidance and organization of the coaching staff, allowing the girls to face competition and fierce opponents. Their tremendous skill and will to win brought satisfaction to the team's well-being and helped support easy-going sportmanship. Said Gary Jensen of his athletes, "They were all superstars and each made a contribution to team talent." This fortified foundation will prevade for seasons to come. The "Cougar Advanatage" was not easily overcome by rival teams. Dennis Ray remarked, "The girls were tough; they accepted both defeat and victory with unending pride". Like most sports Soccer takes a great deal of cooperation among team members. The 1982-83 Girl's Soccer produced some of the most exciting moments in Capo Valley sports.



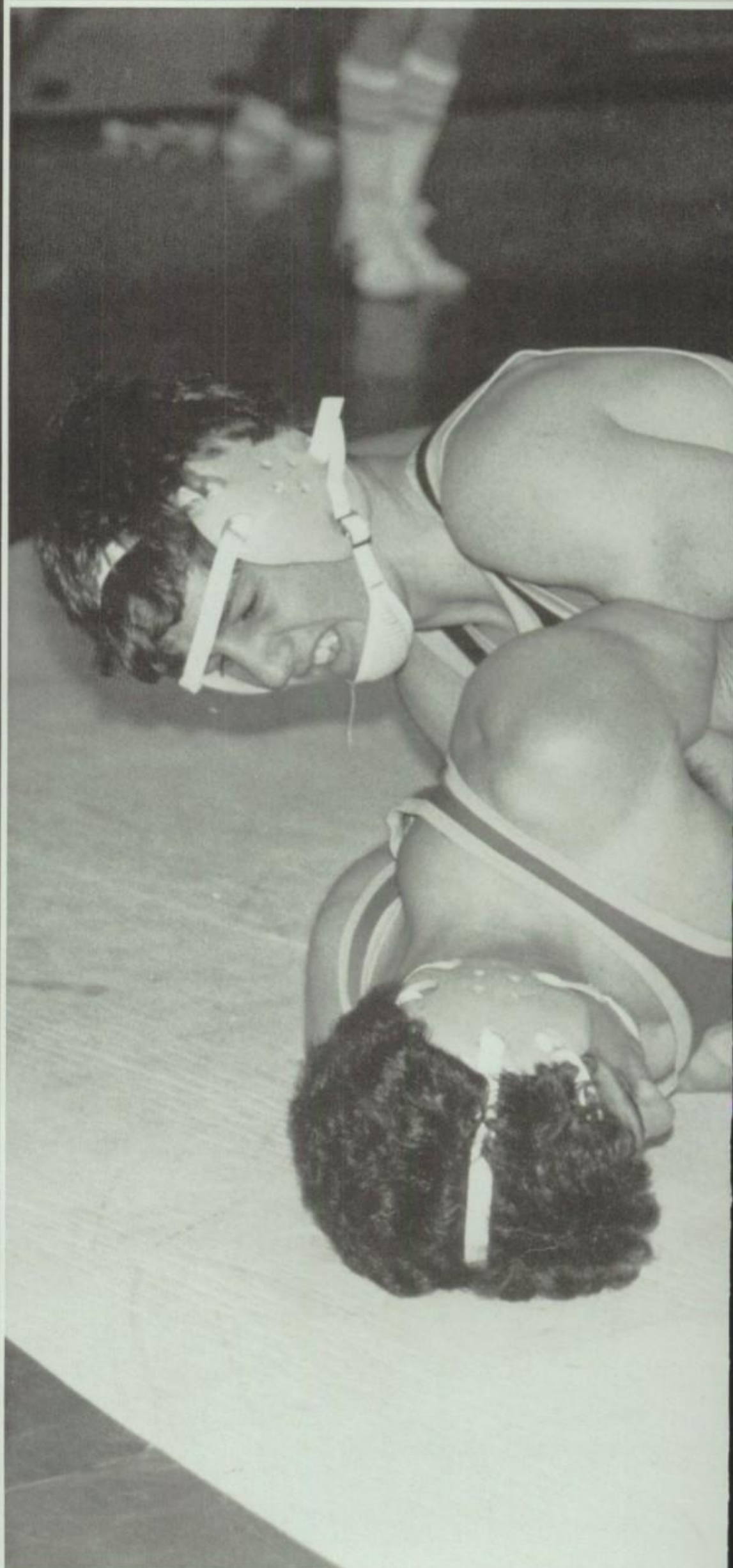
4. Stealing the ball from a Mission Viejo opponent, **Kelley Webster** dribbles the ball down the field. **5.** Displaying skilled coordination, **Toni Cukrov** keeps the ball inbounds to execute the play. **6. JV SOCCER TEAM:** Front row - S. Aguirre, G. Menzaco, S. Mays, C. Kelly, T. Garriepy, P. Crumpler, S. Crumpler, D. DeMaggio; Back row - J. Jones, S. Price, T. Cukrov, K. Dipsiner, G. Jones, D. Jackson, K. DeVoto, C. Trotta, Coach Dennis Ray



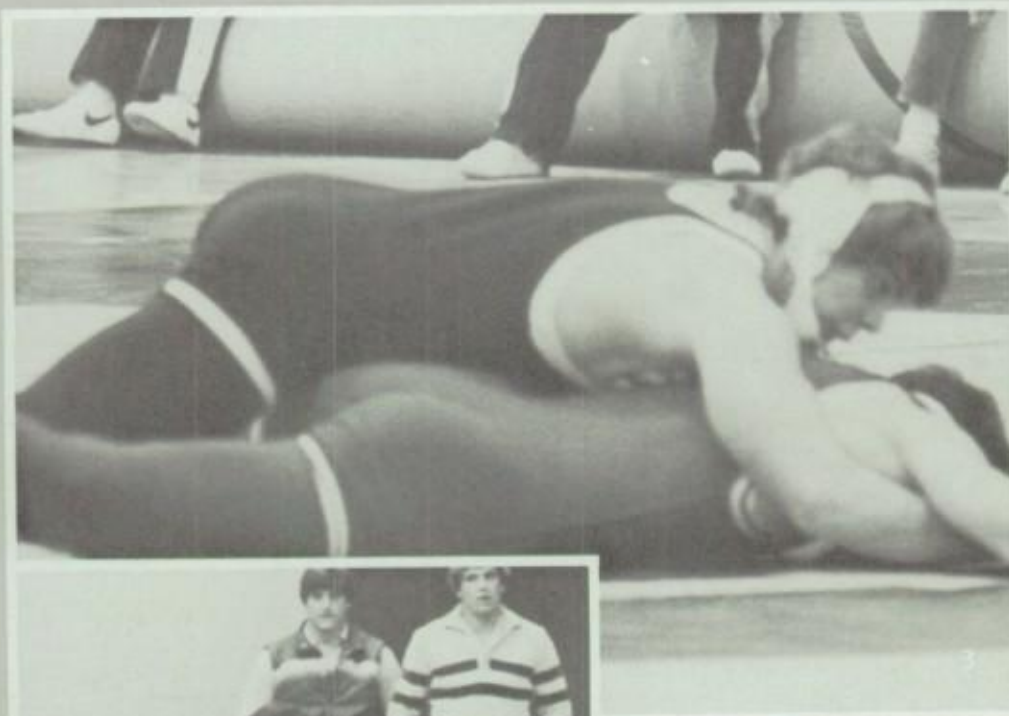
Grappling with Muscle

The experience and strength exhibited by the varsity wrestling team won Capo Valley much acclaim as an omniscient force on the mat. Not only were players exposed to the strain of everyday practice after school but many were faced with tedious weight watching. Competition sparked countless displays of skill as the team planned take-down after take-down. The inter-dependence and sportmanship were dominating characteristics which spurred heroic feats of athletic endurance. Said Coach Bob Janko of his team, "They were extremely positive, they knew what they wanted and went after it". The players were enthusiastic as well as competitive. Top wrestlers captured honors when propelled into C.I.F. finals. Tim Wolin and David Miller were selected first and second selectively to attend the finals at Edgewood. Champions Chuck McGarry and Rick Gerard finished fourth in C.I.F. 2A division while fellow teammate Randy Lanham finished sixth. Players depended largely on each other for advice and support before a match. The sport involved heated rounds with various opponents and through each tournament teammates exploded in a burst of talent. The astonishing defeats of Bolsa Grande and Anaheim found Capo Valley a virtual warrior among rivals. At the season's end Cougar wrestlers were proud of their record, establishing a fine team for others to emulate.

1. Grappling with muscle, **Brian Walsh** moves across the mat positioning his opponent to win a point. 2. Just gaining two points **Brad Osborn** has rendered his opponent helpless.



ABOVE THE PIN



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WRESTLING

V		V
39	Estancia	23
12	Villa Park	54
20	Woodbridge	46
29	Laguna Hills	37
40	Bolsa Grande	26
24	Orange	40
26	Saddleback	29
57	Anaheim	18
36	San Clemente	26
33	Mission Viejo	28

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3. Planning to use the "pretzel" technique, **Jim Johnson** traps his opponent to the mat. 4. This MV Diablo hasn't a chance as Capo's **Randy Lanham** cinches another point to add to the final victory. 5. **VARSITY WRESTLING TEAM:** Front row - S. Frieze, D. Kummerfeldt, C. McGarry, T. Sadey, D. Miller; 2nd row - T. Colonnese, B. Osborn, R. Lanham, T. Wolin, J. Johnson; Back row - Coach Louis Juarez, S. Kusel, B. Trottier, R. Gerard, E. Duclos, Coach Bob Janko

AT THE TAKE-DOWN



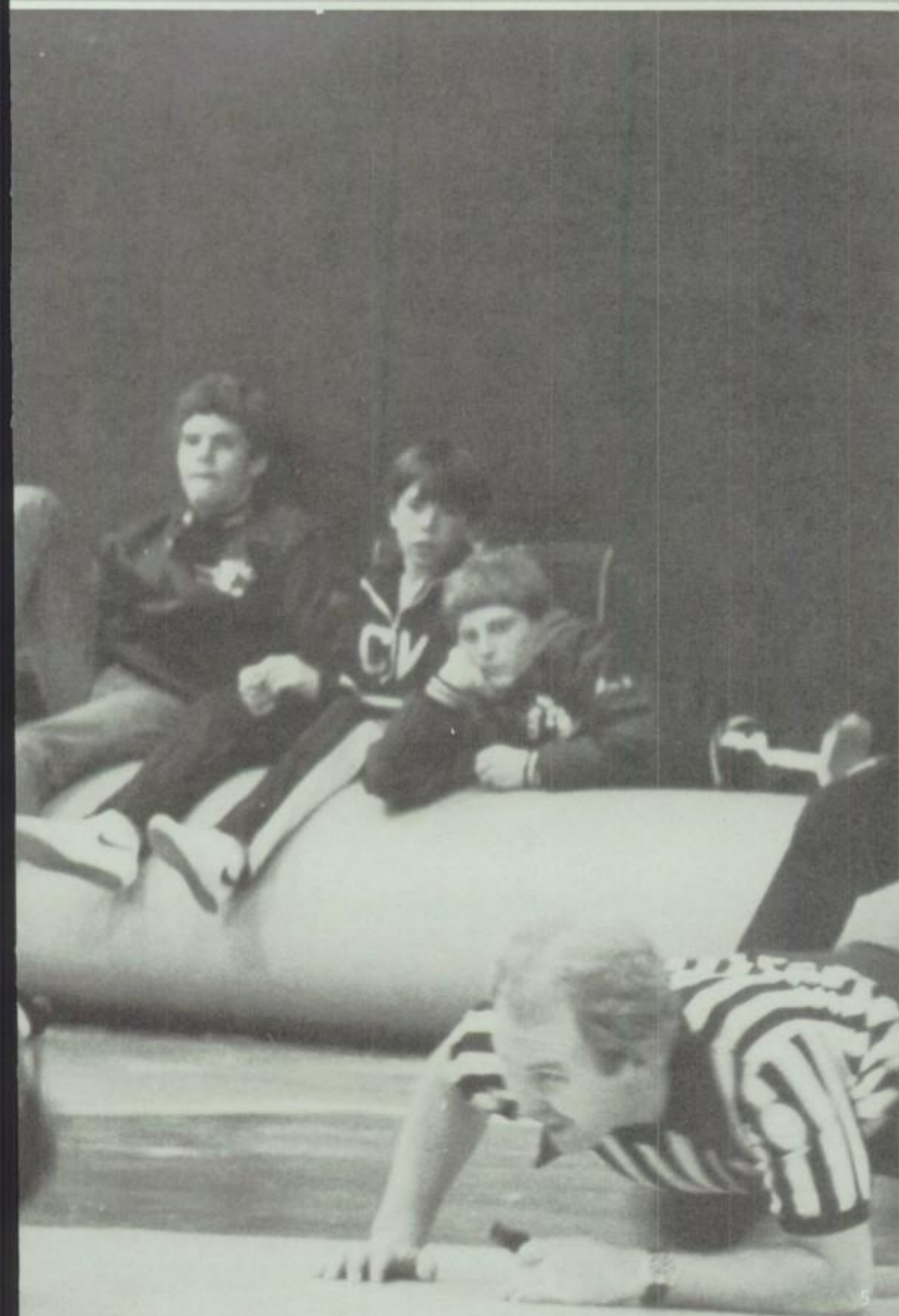
CVHS

F/S		WRESTLING		F/S	
	JV		JV		
24	39	Estancia	26	40	
12	12	Villa Park	62	62	
Bye	45	Woodbridge	21	Bye	
9	18	Laguna Hills	51	51	
52	30	San Clemente	34	34	
31	18	Mission Viejo	39	27	

OPPONENT

1. Planning team strategy, Coach **Bob Janko** discusses mat techniques to all levels of the wrestling squad. 2. Struggling to avoid a pin, **Kevin Gardner** plans his break away. 3. **FROSH/SOPH WRESTLING:** Front row - M. Abshire, T. Clark, C. Mathews, E. Hannah, T. Epperson, M. McGill, D. Fowers; 2nd row - K. Virgin, M. Talbott, F. Feitz, D. Oroz co, D. Reinhart, D. Bell, K. Gardner; Back row - S. Mallonee, D. Carpenter, D. Fitzpatrick, B. Benoit, J. Piranino, J. Daniels, Coach Louis Juarez





Flexing the Brawn

The Freshman/Sophomore wrestling produced a slew of superstars this season. Newly recruited freshmen had a tough season due to inexperience. Coaches Louis Juarez and Mike Frieze stepped in to discipline the newcomers. With training and instruction skills and talents were refined to quell any fears of defeat. Sophomore wrestlers already veterans to the sport enjoyed their seniority while working hard to reach their final victory. Tim Ige and Bryan Brown went undefeated in their pursuit of excellence. With training and experience frosh/soph team members can expect great records in the future. So many freshmen promised a team of diverse personalities and techniques. Stakes were high at competition because of a lack of two heavyweights, but despite such obstacles the team persevered with self-confidence. Both Juarez and Frieze were supportive, hard-working, and helped teach the new wrestlers professional techniques to ensure a winning season.



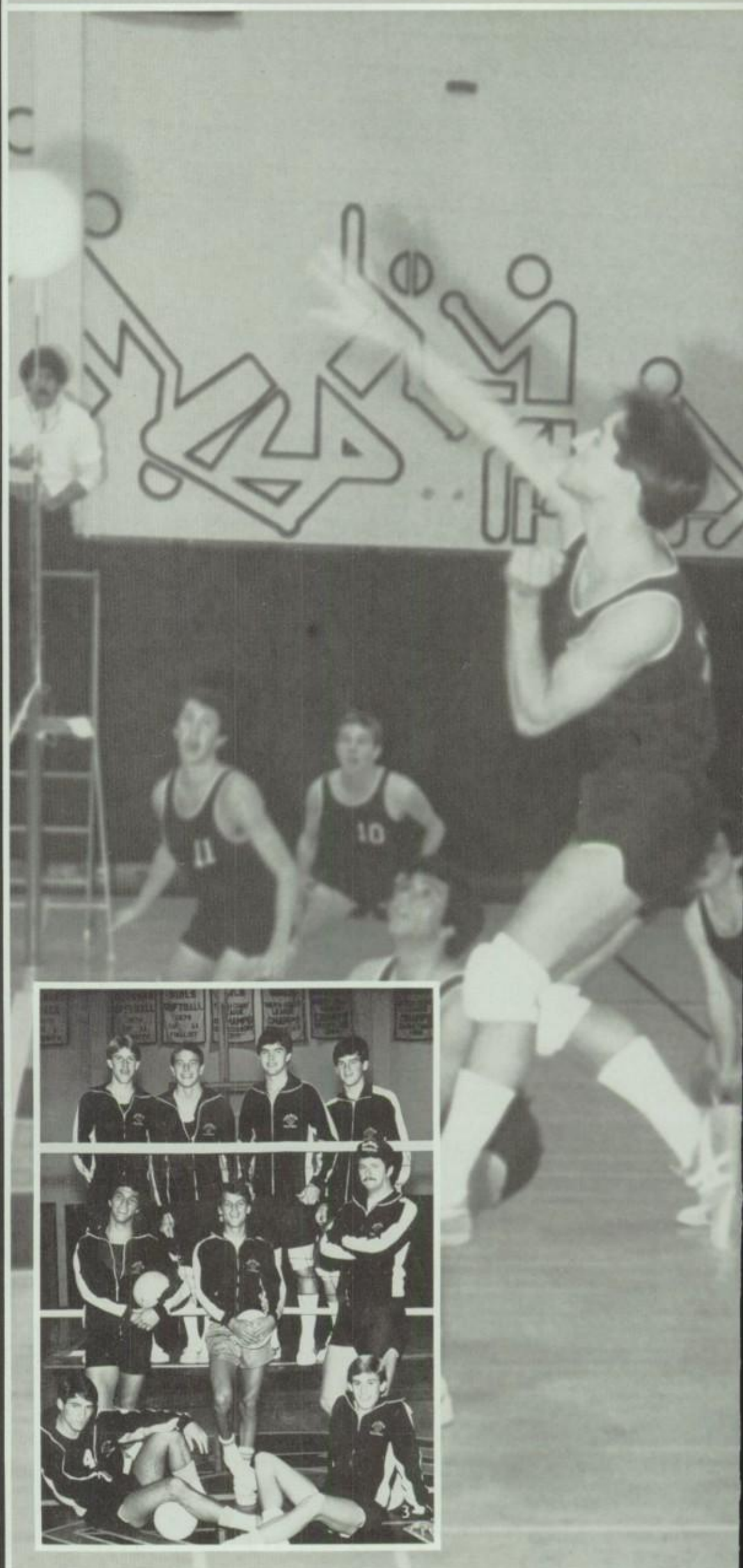
4. Mat exercises are critical to the future wins of the JV and Frosh/Soph wrestling squads. 5. Freshmen wrestlers learn new techniques on the take-down from fellow teammates on the varsity squad. 6. **JV WRESTLING TEAM:** Front row - M. Stetter, T. Ige, S. Ortiz, C. Owens, B. Brown, J. Levey, B. Walsh; 2nd row - M. Orlando, R. Watson, S. Herans, P. Johnson, E. Payette, K. Stetter, D. Kim; Back row: M. Cobb, S. Nelson, C. Boyd, M. Jones, S. Skinner, Coach Louis Juarez



Awesome Forces

The magnificent efforts of the Capistrano Valley Boys' Volleyball teams surpassed all other teams in the school's history. Coach John Gipe said he "was really proud of the way my team turned out this year." Team members were enthusiastic about their C.I.F. potential and practiced continually on new techniques to thwart the opposition. Varsity was led by Steve Modory who captured M.V.P. in the prestigious Inglewood Volleyball Tournament. Middle blockers Scott Gates and Mark Otta also dominated the court with Don Sedgwick, Mark Vigil, Matt Propeck, and Steve LaPatner. J.V. superstars consisted of Kenny MacLeod, Jeff Duer, Dave Mazza, and Scott Vigil. The championship motive; however, was only partly responsible for the growth and maturation of the players. Each individual was able to analyze his unique talents and progress to a flawless execution in their competitive game. Team members came to respect one another, admiring the dedication and discipline each member contributed. Countless friendships were made on the court, providing an interesting blend of comradery to propel a winning spirit.

1. Nell Shaver saves a spiked ball while **Matt Propeck** and **Steve LaPatner** ready for the next return. **2.** As **Mark Vigil** set the ball, **Steve Modory** goes up for the spike. **3. VARSITY VOLLEYBALL TEAM:** Front row - S. Modory, M. DeNicola; 2nd row - M. Vigil, N. Shaver, Coach John Gipe; Back row - S. Gates, M. Propeck, D. Sedgewick, J. McCall



UPON THE SPIKE



VOLLEYBALL LEAGUE SCHEDULE	
Mar. 8	Laguna Beach
Mar. 11	San Clemente
Mar. 15	Dana Hills
Mar. 18	Woodbridge
Mar. 22	Mission Viejo
Mar. 25	Laguna Hills
Apr. 8	Laguna Beach
Apr. 12	San Clemente
Apr. 15	Dana Hills
Apr. 19	Woodbridge
Apr. 22	Mission Viejo
Apr. 26	Laguna Hills



4. After **Mark Vigil** spikes the ball **Matt Propeck** and **Scott Gates** wait for the return. 5. Tower of strength **Scott Gates** leaps to defend home court as Cougar netters seek another victory. 6. **JV VOLLEYBALL TEAM:** Front row - C. Nelson, J. Jackson, C. O'Brien, R. Balagot, K. MacLeod, S. Vigil; Back row - D. Hollo, J. Toney, J. Duer, T. Banuelos, D. Mazza, J. Attaway



Spirit Is Bolstered By Booster Support

Boosters Volunteer Endless Hours

by Erika Boen and Andrea Carter

The Boosters Club, originally set up in 1977, is an enthusiastic support group of the Capo Valley Cougar athletics. The Booster Club Board is responsible for organizing the many volunteers who donate their time to operate the ticket booths, sell refreshments, publish programs, and provide needed services essential to a successful athletic program. Spirit is bolstered by the Boosters distribution of balloons, party favors, and Cougar Booster jackets. With the continuing struggle in funding, the Boosters are an invaluable necessity. Their assistance is felt both in a material way by their generous gifts of much needed equipment and by their undauntless spirit and devotion. President, Mrs. Karen Kuss, announced, "I think the Boosters Club has contributed to more spirit and I hope people feel good about it". The Club looks forward to a long and lasting relationship as Cougar athletic patrons.

Feature: Boosters



1. Boosters are ever present at the weekly CV football games. 2. Spirit prevails as the parents of Capo students display support in the bleachers. 3. **BOOSTER CLUB BOARD:** Front row - Mary Ann Johnson, Hollie Lawson, Karen Neville, Joanne Mays; Back row - Pat Kingston, Karen Kuss, Lois Dellota



Cracking The Bat

This year's Varsity Baseball team, coached by Bob Zamora and assistant coach Craig Anderson were prepared to take the South Coast League Championship after many hours of strained practices and concentration. Zamora and Anderson were ranked number five in a survey of Orange County coaches. Pitchers Bill Dodd and Tom Gates, centerfielder Burt Call, second baseman Don Bohlmann and Gary Thomason returned to defeat the opposition with a professional air. New additions were Joe Stone and Chris McClure in the outfield. Their toughest competition was the strong Laguna Hills team. As the league season began Coach Zamora commented, "We're an intelligent team. We play smart baseball and try not to beat ourselves. Our defense is good; we're solid up the middle." The statement held its prophecy as the team went on to defeat a multitude of talented teams. Their skill and experience were instrumental in their race for superiority on the diamond. A sixth sense kept players alert and ready, hungry for the honored titles they deserved. The members looked forward to the future, eager to tackle athletics as well as academics with a new and profound self-confidence.

1. Cougar power is reflected at the plate by **Gary Thomason** preparing to send the ball over the fence 2. After an attempted steal, **Matt Regan** tags up at first.



ON THE DECK



Varsity Baseball League Schedule

Mar. 16	Dana Hills
Mar. 18	Woodbridge
Mar. 23	Mission Viejo
Mar. 25	Laguna Hills
Apr. 8	Laguna Beach
Apr. 13	San Clemente
Apr. 15	Dana Hills
Apr. 20	Woodbridge
Apr. 22	Mission Viejo
Apr. 27	Laguna Hills
May 4	Laguna Beach
May 6	San Clemente

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3. With a crack of the bat **Don Bohlmann** hits a double to send fellow Cougar teammate home. 4. Building up his concentration for the winning pitch, **Bill Dodd** focuses on the catcher's signals. 5. **VARSITY BASEBALL TEAM:** Front row - F. Banda, C. McClure, S. Skupien, J. Mansukhani, M. Regan, T. Gates, D. Bohlmann; 2nd row - Coach Craig Anderson, Coach Bob Zamora; Back row - J. Stone, P. Faanes, G. Durand, B. Dodd, L. McLemore, B. Call, G. Thomason

INSIDE THE DIAMOND



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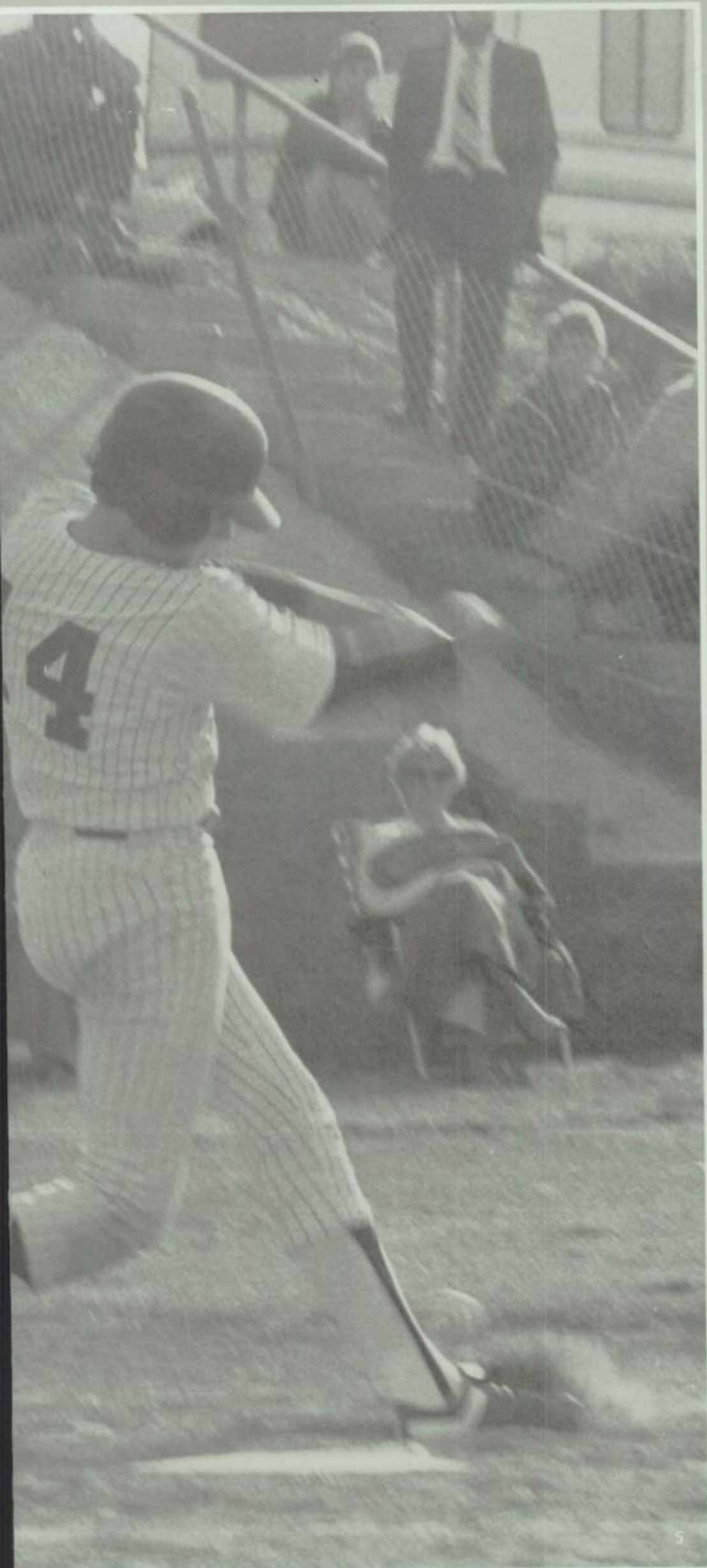
JV BASEBALL LEAGUE SCHEDULE

Mar. 16	Dana Hills
Mar. 23	Mission Viejo
Mar. 25	Laguna Hills
Apr. 8	Laguna Beach
Apr. 13	San Clemente
Apr. 15	Dana Hills
Apr. 22	Mission Viejo
Apr. 27	Laguna Hills
Apr. 28	El Modena
May 4	Laguna Beach
May 6	San Clemente

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1. Stretching for the catch, **Matt Atwood** hopes to get the runner out at the plate. 2. Throwing the pitch, **Brett August** strikes out the last batter to end the game. 3. **JV BASEBALL TEAM:** Front row- J. Kelley, R. Jones, D. Heller, K. Carey; 2nd row - J. Dobkins, S. Campbell, B. Blutreich, B. August, M. Atwood; Back row - Coach Mike DeGeer, T. Ritti, M. Hudson, M. Orlando, F. Yslas





Sliding Home

The Junior Varsity Baseball team captured the excitement of the season by competing in the race for the South League Championship. Coach Mike De-Geer, a transfer from San Clemente, was instrumental in organizing and training the athletes for their crowning victory. The team's success was attributed to the members' sense of pride and their incomparable ability. The mound crew developed the most maturity during the year, adding thrills to inspire the fans and entice the crowd. Brett August and Fred Yslas practiced their windup techniques with consuming dedication and returning J.V. pitcher Sean Campbell exhibited his prowess in defying the batter with sneaky screwballs and fast curves. First baseman Brian Blutrieck stopped many a runner while Marshall Hudson assisted in double play action on second base. Outfielders Jeff Kelley, Dave Heller, and Rick Jones gave their all, pouncing on occasional flyballs that come their way. Catcher Matt Atwood enjoyed an exceptional season after recovering from an old injury which had so far thwarted his performance. All of the hard hours of mound practice and batting analysis payed off for the fantastic season's reward.

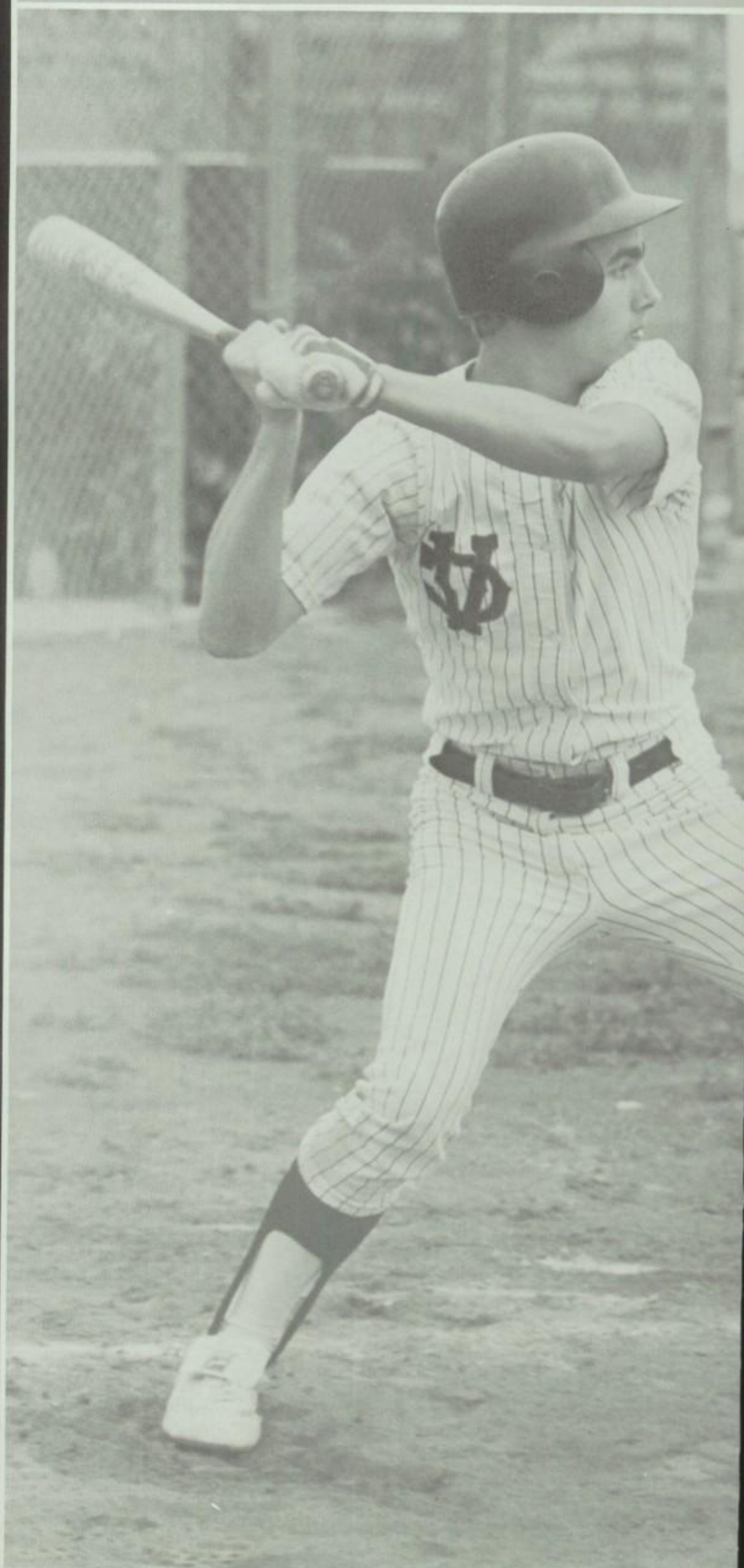
4. Preparing to steal, **Todd Silber**, leads off the bag in an attempt to get to second base. **5.** JV spirit is evident as Cougar batter swings the bat and sends the ball sailing.



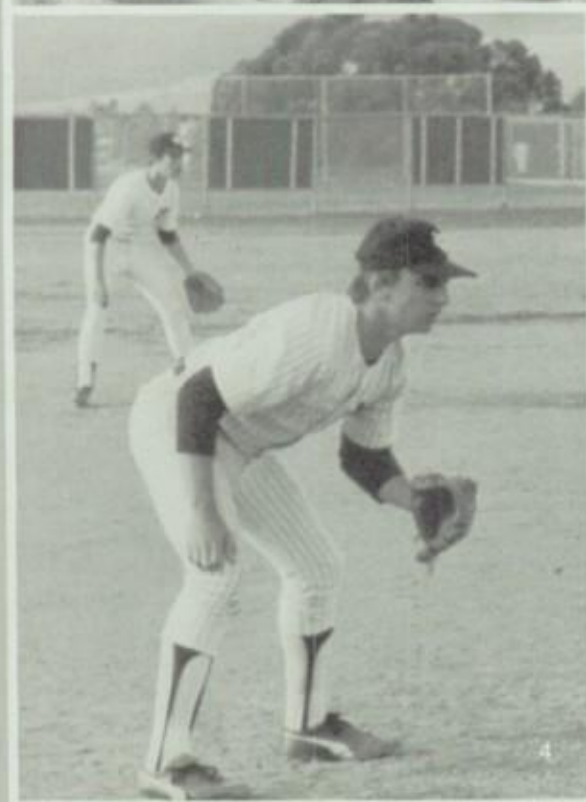
Tagging To Win

An attitude of professionalism characterized this year's Frosh/Soph Baseball Team, marking the members for future success as well as maintaining a useful learning experience. Coach Bob Moore assisted the players as they familiarized themselves with the basics of the game, building a strong foundation for the coming years. Moore contended, "They had the incentive, spirit, and drive that it takes to make a great team." Dominant players during the games were pitcher Danny Blancett and Sal Cassaro in the batting box. Blancett's pitching led the team to their many victories while Cassaro entranced the crowd with endless grandslams. Freshman Dave Collins made some spectacular saves as the new catcher. After its many victories and defeats the team looked forward to its next season, hoping to capitalize on the experience they had learned in their first years. They accepted the challenges and left a legacy of scores to astound the new incoming members of the future.

1. Catcher **Dave Collins** gets the vibration from a fast ball from Capo Frosh/Soph pitcher. 2. With a mighty stance, **Todd Silber** windups for the pitch.



IN THE NINTH



FROSH/SOPH BASEBALL LEAGUE SCHEDULE

CVHS

Mar. 16	Dana Hills
Mar. 18	Woodbridge
Mar. 21	Mater Dei
Mar. 23	Mission Viejo
Mar. 25	Laguna Hills
Apr. 8	Laguna Beach
Apr. 13	San Clemente
Apr. 15	Dana Hills
Apr. 20	Woodbridge
Apr. 22	Mission Viejo
Apr. 27	Laguna Hills
May 4	Laguna Beach
May 6	San Clemente

OPPONENT



3. An astonishing hit is made as teammates **Sal Cassaro, Danny Blancett, Dave Collins, and Shawn Reed** look on and hope for the homer.

4. Frosh/Soph players **Tom Greico** and **Shawn Reed** concentrate on the pitch and ready themselves for action. 5.

FROSH/SOPH BASEBALL TEAM: Front row - D. Blancett, R. Sheehan, D. Collins, C. Engle, L. Hale; 2nd row - J. Padilla, J. Davey, S. Reed, S. Cassaro, T. Greico, T. Silber; Back row - S. Skupien, Coach Bob Moore, Claude Guecia, J. Trask, N. Call, K. Carey

WITH A WINDUP



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SOFTBALL LEAGUE SCHEDULE

Mar. 16	Dana Hills
Mar. 18	Woodbridge
Mar. 23	Mission Viejo
Mar. 25	Laguna Hills
Apr. 7	Laguna Beach
Apr. 13	San Clemente
Apr. 15	Dana Hills
Apr. 20	Woodbridge
Apr. 22	Mission Viejo
Apr. 27	Laguna Hills
May 4	Laguna Beach
May 6	San Clemente

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1. Concentrating on the ball, **Erica Ramirez** waits for the pitch. 2. A fine catch is made by **Lisa Moncur** as she then prepares to throw to third base for the out. 3. **VARSITY SOFTBALL TEAM:** Front row - G. Menzaco, G. Jones, L. Moncur, K. Slemmons, K. Webster, L. Floyd, K. Brown; Back row - Coach Nelson, K. Banuelos, T. Cukrov, P. Pressley, D. Doyle, J. Young, B. Peabody, Coach Ron Willms





Striking Them Out

The Varsity and Junior Varsity Softball teams displayed exceptional ability during the 1983 season. The players showed enthusiasm and vivid team spirit which enhanced the performances of both teams for the enjoyment of faithful fans. Varsity Coach Ron Willms provided a framework which the players used to develop a professional air of ability. "This year's team was a very dedicated and well-rounded group. The girls practiced long and hard to reach their respective goals." After the season's end the girls had nothing but honest respect for one another. Among the outstanding players were Beth Pillie, Stacy Mitchell, and Jackie Young. Junior Varsity was able to look back on its various victories and defeats, assessing the mistakes as well as triumphs with equal interest. Coach Mike Todd spent endless hours assisting the girls in approaching each aspect of the game. Todd later remarked, "The girls really gave their all to each practice and I think it showed in all of the games. Their dedication was unbeatable." Even without opulent titles the players were a prideful bunch and successfully promoted Capo Valley spirit and sportsmanship at every game and practice.

4. Giving it her all **Toni Cukrov** winds up and pitches a strike to Dana Hills opponent. **5.** JV player **Jackie Young** bunts the ball with style as she plans her approach to first base. **6. JV SOFTBALL TEAM:** Front row - G. Heinaman, R. Smith, K. Levine, D. Benton, B. Pillie, S. Walker; Back row - C. Trotta, E. Ramirez, S. Burgus, S. Mitchell, G. Glassman, Coach Mike Todd



Athletic Challenges Are Faced In After School Hours

Sports Extend Beyond The Campus Program

By Lisa Sekeris And
Andrea Carter

Many sports were enjoyed by students whether they participated on school teams, in rigorous competition or actively exercised on an independent basis. As society grew more and more conscious of positive health, students continued to sweat and strain towards a slimmer ideal. People began to challenge themselves in a physical contest of strength and will. Community Nadadores swam in heated competition with other well respected national teams across the country. In order to stay in shape and maintain agility students focused their athletic attention on a variety of extramural sports. Many favored the popular trends of jazzercise and aerobic fanaticism. While still other athletes used the weightlifting equipment on campus after school to build up their biceps and other assorted muscles. Others used the spacious gym for spectacular displays of athletic courage such as wheelchair basketball. Students who preferred an outdoor environment opted for jogging, sand volleyball, and basketball as opposed to a more regimented form of exercise. Students enjoyed the solitude of the beach as they ambled along the shoreline in yet another form of extramural activity. With such a wide variety of exercise programs students could not help but tone and trim.



FEATURE: EXTRAMURALS



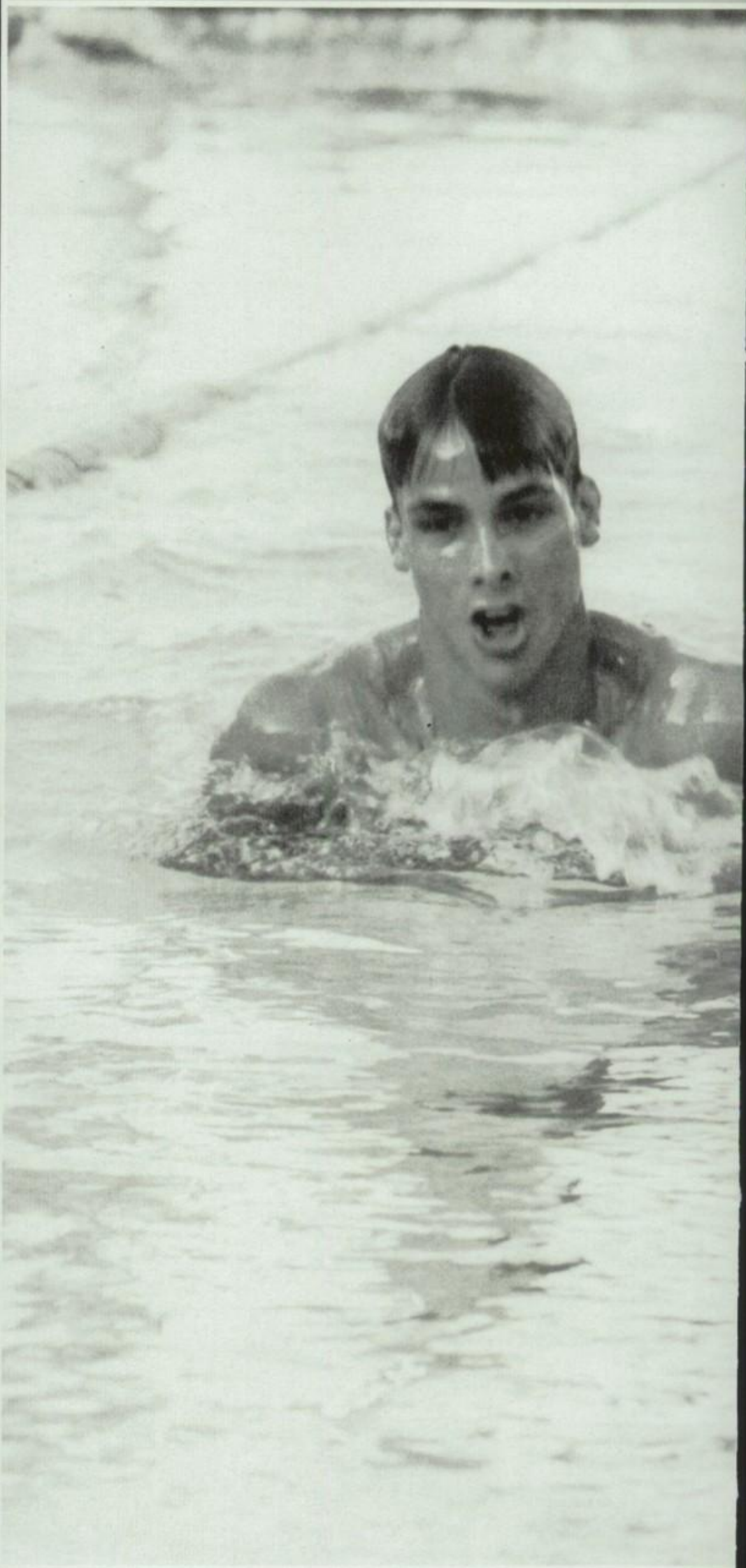
1. Concentrating on each step, **Scott Fosdick** draws a mental picture of his dive before execution. 2. Precision performances are part of Nadadores team strength and national recognition. 3. Despite physical handicaps members of the wheelchair basketball team strive to overcome disabilities while enjoying themselves in the Capo Valley gym.



Beating The Clock

Boys' Swimming splashed towards success, hoping to maintain their league standing as South Coast champions. Ranking second only to Mission Viejo High School, Capo swimmers seriously devoted themselves to the rigorous practices each morning and afternoon. National hopeful Jim Leseth contributed greatly to the many victories with times of record quality in 50 and 100 meter freestyle. Team captain Tim Brillhart and fellow members Jay Glossbrenner, Hugh Prosser and Bill Washburn swam their way to glory against Dana Hills and Union High School at the opening of the season. Capo swimmers scored highest in the 200 medley relay, 100 meter freestyle and 100 meter backstroke. Web-footed wonders capturing C.I.F. titles were Hugh Prosser, Tim Brillhart, Jim Leseth and Jay Glossbrenner. Other top swimmers set a precedent for future teams to emulate. Not only did the team compete with other high schools but members participated among themselves in intersquad meets. Swimmers were dedicated to surmounting the challenges that faced them. They trimmed seconds off of previous records making this season a triumph for those in the wet world.

1. **Tim Brillhart** muscles his way to the finish, defeating the Dana Hills Dolphins in intense competition. 2. Turning on the speed, **Kim Dellota** presses towards the finish and a victory over Woodbridge High School.



OFF THE BLOCKS



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BOYS' SWIMMING LEAGUE SCHEDULE

Mar. 10	Dana Hills
Mar. 15	Woodbridge
Mar. 22	Mission Viejo
Apr. 7	Laguna Hills
Apr. 21	Laguna Beach
Apr. 27	San Clemente

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3. After intense competition Capo team members unwind with a little underwater ballet antics. 4. Curling up for a successful dive, **Tim Brillhart** concentrates on a winning strategy. 5. **BOYS' SWIMMING TEAM:** Front row - M. Lacorazza, M. Eckman, K. Getic, H. Prosser, J. Andrew, J. Leseth, J. Theders, K. Dellota, D. McCarty, J. Werkmeister, B. Orcutt, C. Whitenack, D. Burgan, J. Glossbrenner, T. Brillhart; 2nd row - B. Washburn, J. Lacorazza, T. Webb, M. Venanzi, R. Sprouse, G. Webb, R. Harwood, J. Korbonski, S. Williams

OUT OF THE COLD



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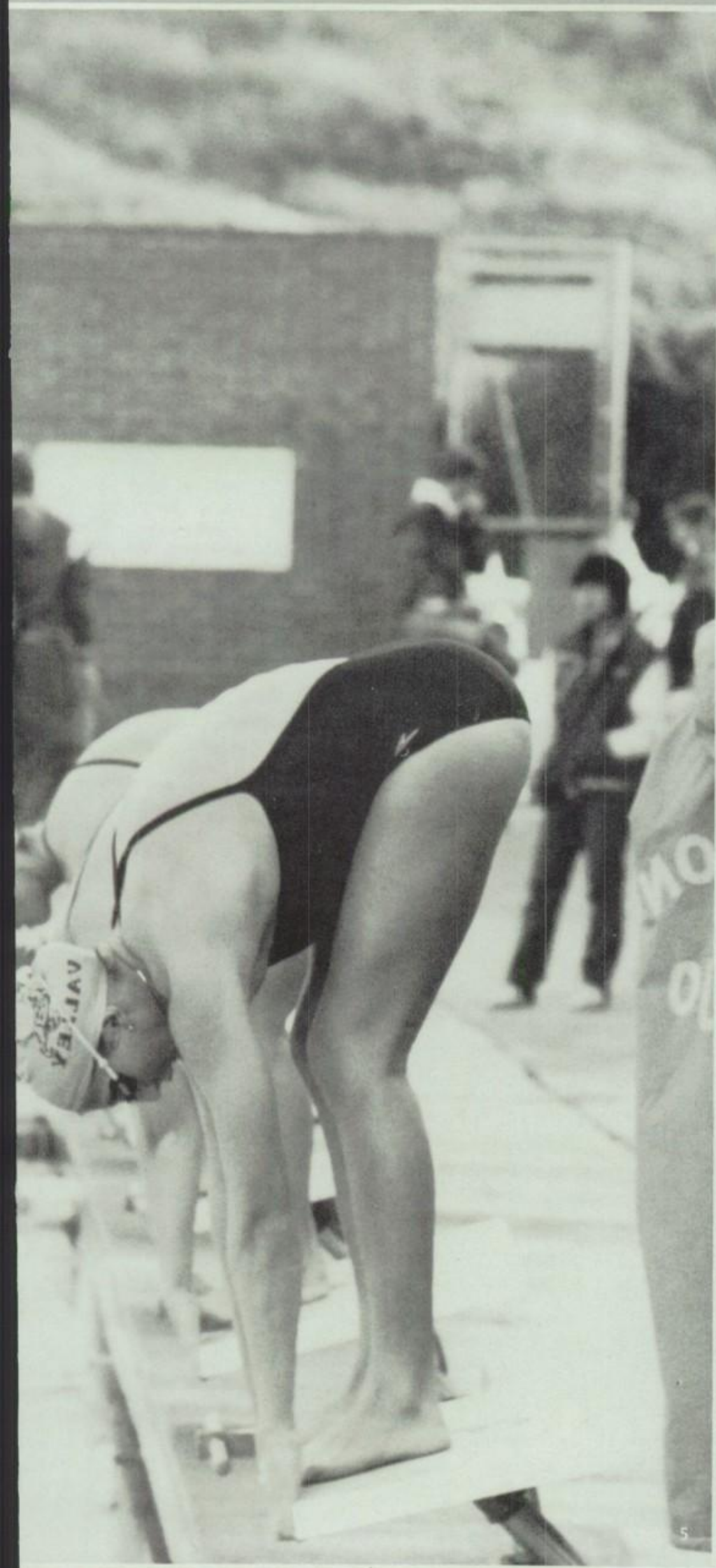
GIRLS' SWIMMING LEAGUE SCHEDULE

Mar. 10	Dana Hills
Mar. 15	Woodbridge
Mar. 22	Mission Viejo
Apr. 7	Laguna Hills
Apr. 21	Laguna Beach
Apr. 27	San Clemente

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1. Awaiting the gun, Capo backstrokers position themselves to achieve a strong push off for the 100 meter in C.I.F. semi-finals. 2. Preparing for C.I.F. finals, Captain **Kristin Kehle** backstrokes many meters to reach a record breaking time. 3. **GIRLS' SWIMMING TEAM:** Front row - M. Ferry, J. Naffziger, S. Atcha, J. Taylor, L. Wong, L. Dellota; 2nd row - A. Korbonski, C. Stevens, K. Kehle, J. Burch, J. Hoag, S. Benharash, L. Wen; Back row - Coach Terry Stoddard, Coach Sheri Stoddard, J. Lemmon, M. Hayes, C. Snell, M. Amen, S. Orcutt, Coach Scott McFarland





Dripping With Victory

Excessive spirit marked the Girls' Swim Team during the wet season. With practices early in the morning and in the afternoon the team swam to its exciting triumphs in C.I.F. competition. Among the many superstars on the team were, Olympic hopeful Lisa Wen who swam at a record pace, racing against the clock, while iron lady Michelle Amen captured title after title. Workouts included a weightlifting routine to build up powerful muscles for endurance and speed. Along with the rigorous competition the girls learned to respect their sport. Each swimmer had an individualized program in which they perfected their techniques and improved their strength. With helpful coaching provided by Terry Stoddard the girls exceeded discouraging limits which had so far thwarted their performance. The team's consistency brought them countless rewards. Stoddard later commented, "The girls did the best possible job. Not only were they a hardworking bunch, but they had an easy going character and friendly atmosphere which made practice just that much more enjoyable." The team progressed to their various achievements and created one of the more outstanding seasons in swimming's aquatic world.

4. An olympic hopeful **Michelle Amen** races against the clock as she strokes her way through the last lap. 5. Bracing herself for the sound of the gun, **Shannon Orcutt** psyches herself up for a splashing success.



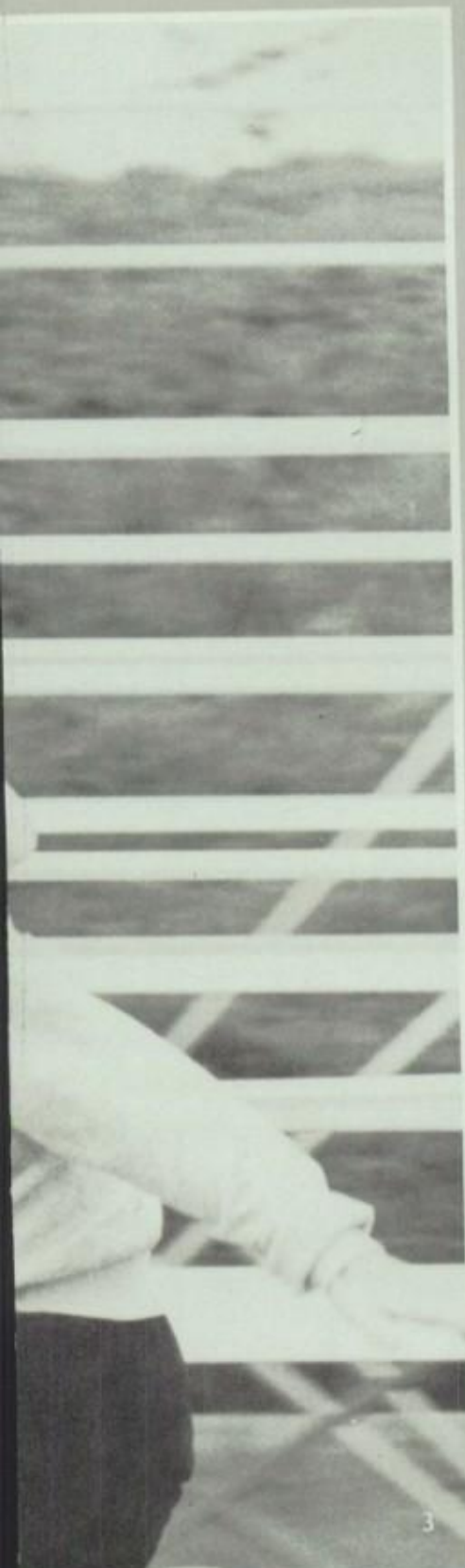
Sprinting To The Tape

It was a new beginning for the 1983 Cougar Track team headed by Coach Pat Callahan. The team acquired fresh new faces on the coaching staff as well as un-marketed talent from incoming athletes. Returning track veterans contributed much needed experience, enhancing the integrity of the Cougar spirit. A unique characteristic of the team was its individuality. Each member had the opportunity to express his or her ability in a variety of sports events. Rigorous after-school practices led to the teams natural superiority at the competitive meets. Strong contestants in shot-put competition were Laura Matos and Brain Simington to whom lead-pitching was second nature. Long distance runner Colleen Sweeney, already a winner of countless accolades, shaved seconds off of school records, competing against other talented runners as well as herself. "We have a lot of very strong and skilled athletes" assistant coach Dave Elecciri observed proudly. The stamina, speed, and strength of the team led them to their many victories, building respect as a threatening competitor in athletic contests.

1. Exercising her Cougar spirit, **Shelly Crumpler** strives toward the Dana Hills finish line. **2. BOYS' VARSITY TRACK TEAM:** Front row - M. Balsis, A. Gutierrez, E. Kenyon, A. Shaprio, R. Angell, D. Deleva; 2nd row - Coach Mitch Barnett, J. Kuss, M. Maynard, D. Mulder, B. Bath, M. Koscowski, H. Holmes, Coach Dave Elecciri; Back row - Coach Pat Callahan, B. Blutreich, R. Pendleton, M. Neckerman, B. Jenkins, B. Simington, Coach D. Stroup **3.** Bounding successfully over the first hurdle, **John Boyd** races on to conquer Capo opponents. **4.** Running side by side **Sharon Kellogg, Cheryl Reyes** and **Trishia MacFarland** cooperate in obtaining another Cougar victory at the Dana Hills track. **5.** Concentrating **Brain Blutreich** is determined to break all records with the distance of his throw.



ON THE RUN



C V H S	TRACK LEAGUE SCHEDULE		O P P O N E N T
	Mar. 10	Dana Hills	
	Mar. 17	Woodbridge	
	Mar. 24	Mission Viejo	
	Apr. 7	Laguna Hills	
	Apr. 21	Laguna Beach	
	Apr. 27	San Clemente	
	May 3	League Pre-lims	
	May 7	League finals	



6. BOYS' JV TRACK TEAM: Front row - J. Gelpin, S. Norris, A. Azar, J. Bailey, D. Bamford; 2nd row - C. Hill, B. Kranig, B. Carter, A. Denison, B. Howard, F. Kang; Back row - R. Crawford, E. Duclos, N. Wallner, G. Doms, Coach Dave Elecciri, Coach Pat Callahan

7. GIRLS' VARSITY TRACK TEAM: Front row - T. MacFarland, D. Glanz, K. Hennings, C. Reyes; 2nd row - Coach Debbie Stroup, K. Jensen, K. Sexton, K. Bannon, K. Dee; Back row - L. Matos, K. Dipsiner, K. Nance, J. Nelson

8. FROSH/SOPH TRACK TEAM: Front row - D. Curtis, S. Taft, D. Meyers, J. Miller, M. McMillan, R. Bush, J. Earnest; 2nd row - S. Thompson, A. Wicker, T. Travers, D. Curtis, D. VanDorn, M. Maloney, J. Boyd, Coach Dave Elecciri; Back row - D. Schoney, J. Lowe, M. Amen, K. Felix, D. Berkeley, C. Hall, W. Maciborski, D. Daley, L. Lippert, Coach Pat Callahan

9. GIRLS' JV TEAM: Front row - Coach Debbie Stroup; 2nd row - S. Mays, S. Kellogg, M. D'Antony, R. Donley, L. Orlando, K. Peterson, Coach Mitch Barnett; Back row - S. Crumpler, W. Colonnese, J. Schofield, K. McCarty, K. Hall, P. Crumpler, I. Sala

WITH A SMASH



BOYS' TENNIS LEAGUE SCHEDULE

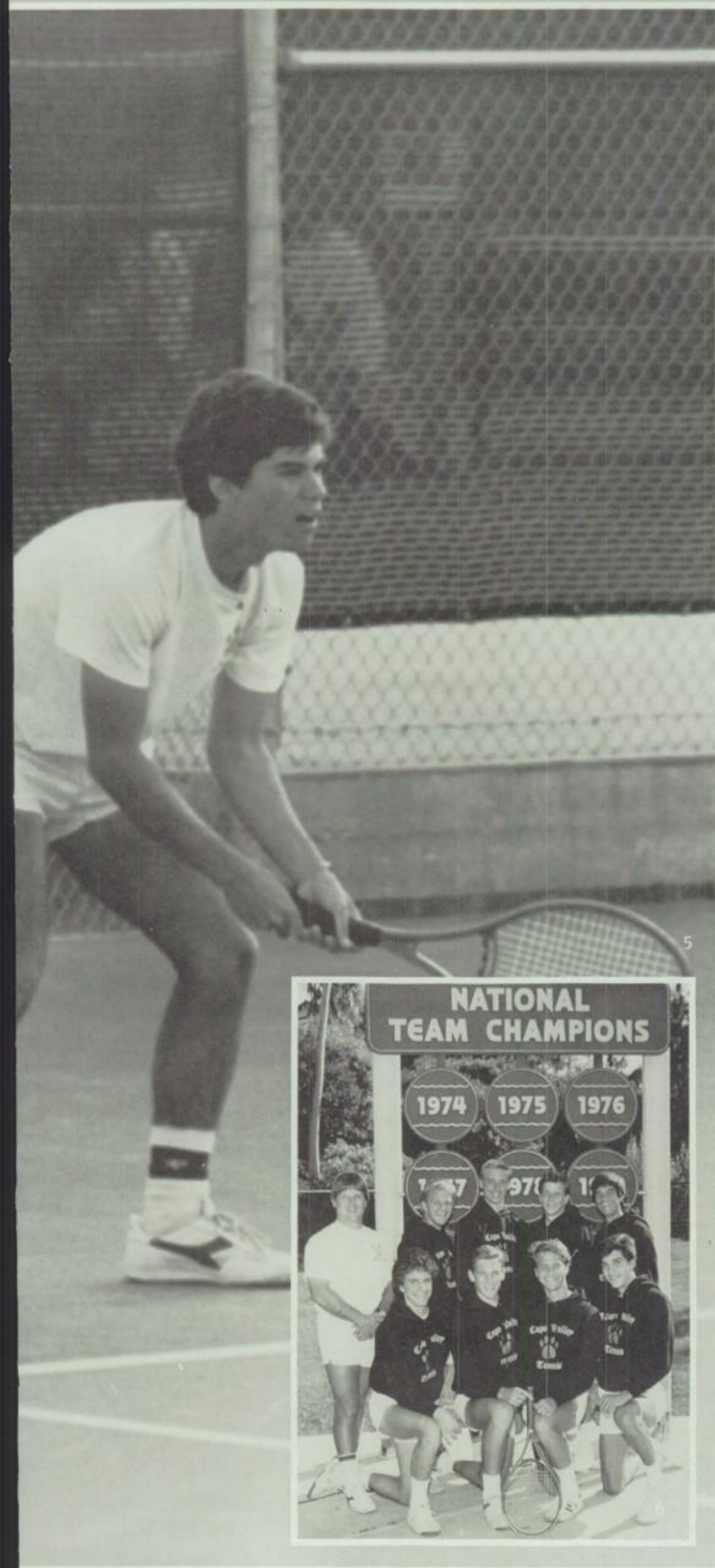
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Mar. 16	Dana Hills
Mar. 18	Woodbridge
Mar. 23	Mission Viejo
Mar. 25	Laguna Hills
Apr. 8	Laguna Beach
Apr. 13	San Clemente
Apr. 15	Dana Hills
Apr. 20	Woodbridge
Apr. 22	Mission Viejo
Apr. 27	Laguna Hills
May 4	Laguna Beach
May 6	San Clemente

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1. Returning the ball with ease, **Grant Hein** plays the net with seasoned expertise. 2. With a toss and a smash, **Rob Servas** aces his serve to the point in a match against Dana Hills. 3. **JV TENNIS TEAM:** Front row - S. Rose, A. Vidyarthi, S. Spriet, J. Killelea, K. Reddington, F. DeSoto; Back row - E. Umbriet, P. Vidyarthi, K. Farrokh, M. Servas, M. Tono, R. Ryan





Winning The Match

Capo Valley tennis played match after match with an astonishing technique, enabling them to enter C.I.F. play-offs for the first time in the school's history. The ambitious spirit of team members crushed opposition. Seniors Steve Finden and Mike Maiolo dominated singles' play, acing out competition with fearless self-confidence and a merciless backhand. The net was hardly protection against the aggressive Cougars adorned in their tennis whites. Rackets clashed in a test of wills as the athletes served their strategy with incomparable style. Teaming together doubles' players Scott Townsend, Rob Servas, and Rob Frais whacked away competitors with forehand mastery, stealing the crowd's attention with extensive court action. Practice and coaching were the key elements to success coupled with player talent. Coach Robbie Schmitz had "nothing but praise for team's exceptional efforts." Non-conference victories over Servite High School and Orange High School sped the team to their ultimate league triumphs. Many spectacular performances exceeded the excellence of Wimbledon's center court. The team's growth and maturity readied them for future sports and left each player proud in his individual recognition.

4. With complete concentration and determination, **Steve Finden** tosses the ball and plans for the winning point. 5. Weighing the options for a return, **Mike Maiolo** positions himself for a strong backhand. 6. **VARSITY TENNIS TEAM:** Front row - R. Servas, T. Thibedeau, S. Finden, R. Frias; Back row - Coach Robbie Schmitz, S. Townsend, G. Hein, D. Lindstrom, M. Maiolo



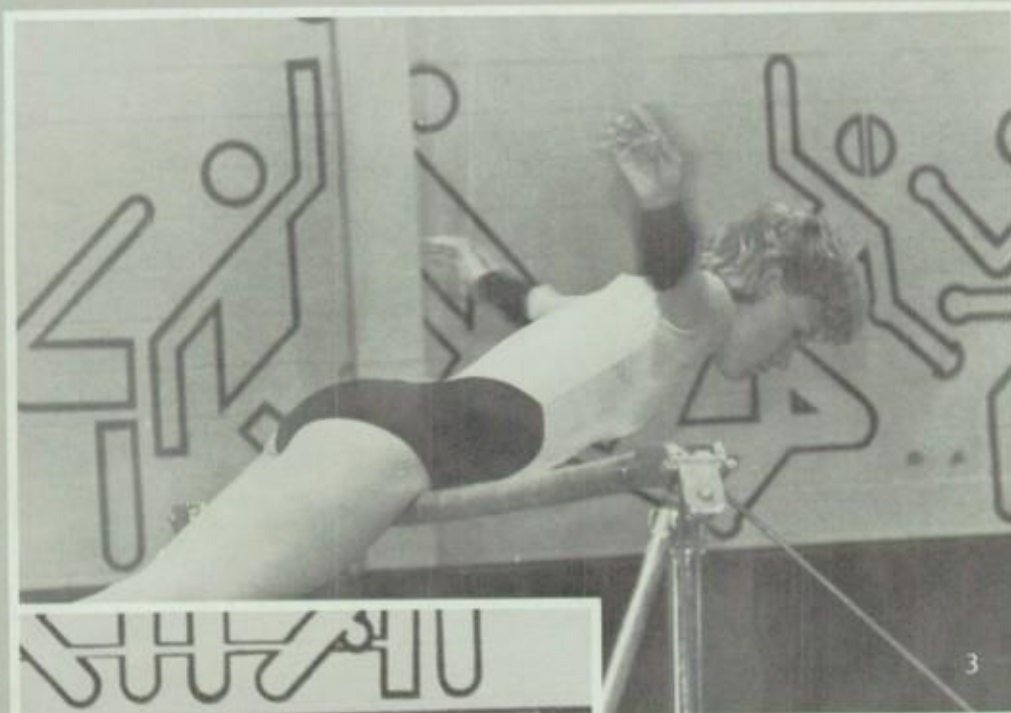
Balancing With Grace

This year's Gymnastic season was one of Capistrano Valley's best years ever. The team which placed in the C.I.F. finals last year, returned again with almost all of its varsity members, ready to meet the acrobatic challenges before them. Four fantastic senior members will be exiting the mats to make way for new talent. Traci Strain, a veteran tumbler for three years, left a legacy of star performances with Capo Valley for four years, dominating the beam and vault while exhibiting grace and style with creative athletic efforts on floor exercises. Another four year member, Laurie Florentine, has been an all-around competitor as well as C.I.F. individual finalist. As most valuable player during her freshman year and C.I.F. finalist as a sophomore, Jill Nelson greatly contributed to one of the finest high school teams in the league. Coach Debbie Allen was extremely proud of her team's performance and remarked, "They were all exceptional girls; throughout four years of this rigorous sport they matured immensely." Each meet was a contest in excellence and the girls practiced intensely to reach the peak of athletic stamina and self confidence to win the applause and respect of the crowd.

1. Balancing with grace, **Jill Nelson** performs with style to defeat her Marina High School opponents.
2. Pleasing the judges, **Misty McCraw** meets her requirements with finesse and strength.



OVER THE BAR



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GYMNASTICS LEAGUE SCHEDULE

Mar. 24	Costa Mesa
Apr. 7	Newport
Apr. 14	Tustin
Apr. 21	Dana Hills
Apr. 29	Santa Ana
May 5	San Clemente
May 7	League Finals

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3. Displaying strength and coordination, **Traci Strain** concentrates on her dismount. **4.** Expressing her feelings through her routines, **Lauri Florentine** exhibits that competitive edge. **5.**

GYMNASTICS TEAM: Front row - T. Ball, K. McFarland, S. Shepard, J. Madera, A. Marbery; 2nd row - L. Fredericks, K. Hisel, L. Florentine; Back row - C. Zaradnik, S. Avdeef, K. Pratt, Coach Cree McCook, S. Paquin, Coach Debbie Allen, T. Strain, T. Daniel, K. Smith, K. Noel

AROUND THE GREEN



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GOLF LEAGUE SCHEDULE

Mar. 3	Mission Viejo
Mar. 8	Dana Hills
Mar. 15	San Clemente
Mar. 17	Laguna Hills
Mar. 22	Mission Viejo
Mar. 24	Dana Hills
Apr. 7	San Clemente
Apr. 12	Laguna Hills
Apr. 14	Mission Viejo
Apr. 19	Dana Hills
Apr. 26	San Clemente
Apr. 28	Laguna Hills

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1. Capo Valley golfers warm-up at the putting green before teeing off. 2. With intense determination **Steve Marble** (Mr. Excitement), lines up with hole #6 for a drop in the cup. 3. **GOLF TEAM:** S. Marble, L. Smith, M. Anderson, J. Chaska, Coach Bill Steinriede, M. Cisowski, C. Bartle, J. Goossens, K. Esau





Sinking The Shot

The Golf Team teed off the year with optimism and enthusiasm. Returning this year were four of last years lettermen, Mike Cisowski, Mitch Anderson, Steve Marble, and Jamie Chaska. The return of these players was an additional strength to the golf team. Extending Capo Valley titles for next year were Chris Bartle, Jeff Goosens, and Larry Smith. Home games were played at the Mission Viejo Country Club. Golf coach Bill Steinriede admitted, "The course is a very difficult layout but it makes the team work more, enhancing their game. The difficulty of our course proved to be an advantage when playing home matches." The team was always very supportive of each other. They worked together, exchanging ideas and tips to improve their game. Members were dedicated to the sport; ultimate involvement and participation was essential for the success of each game. The season was very evenly matched, and the competition was stiff and consistent. Capo Valley golfers continued throughout the season to maintain the high standards known to competitors in the South Coast League.

4. With a gentle tap **Mitch Anderson** attempts to sink the shot. 5. With harassment from fellow teammates, **Jamie Chaska** follows through in spite of them.

Pep Rallies Inspired Pride And Confidence

School Spirit Dazzles Capo
Athletes

By Laurie Miller And Andrea Carter

School spirit was a dazzling attribute to the sports program at Capo Valley. With the incomparable enthusiasm provided by the student body, Cougars plunged into competition. Pep rallies inspired pride and confidence in the athletes before the many games, meets, and matches. Many competitors were motivated by the support of the school spirit and triumphed over impossible odds. Students provided spirit by wearing school colors. Other sources of spirit boomed from the pep club section in the stands, cheering the players to their ultimate victory. Pep squad not only entertained fans but inspired the crowd to "hoot 'n' howler", making it hard for the challengers to concentrate. At Capo Valley one need not be a cheerleader or member of the Pep Club to inspire school spirit, support was derived from everyone and should the school suffer some losses, the pride and confidence were simply unbeatable.

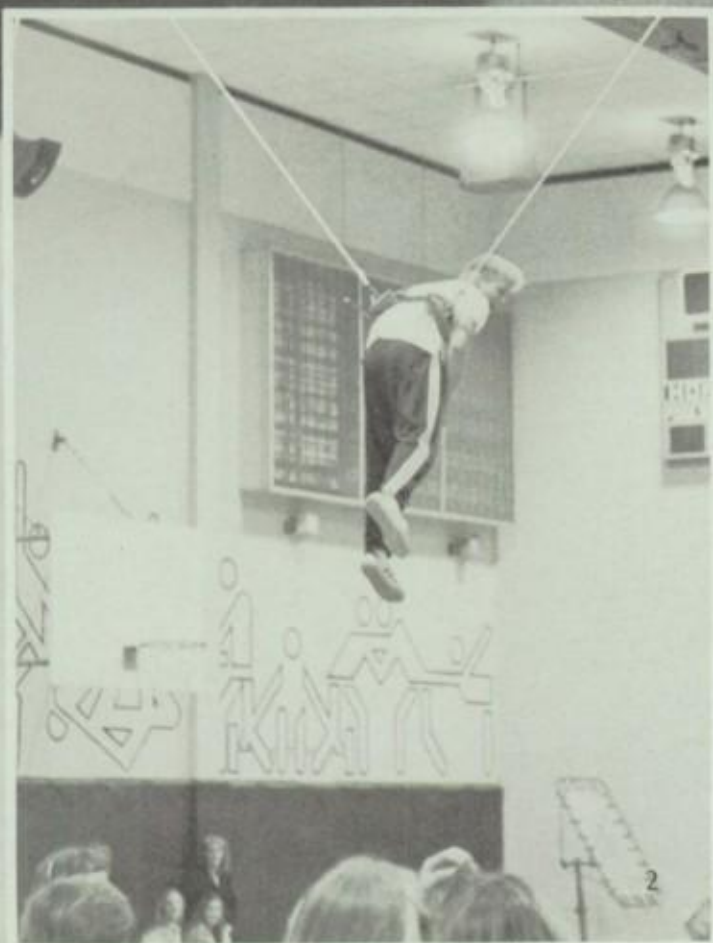
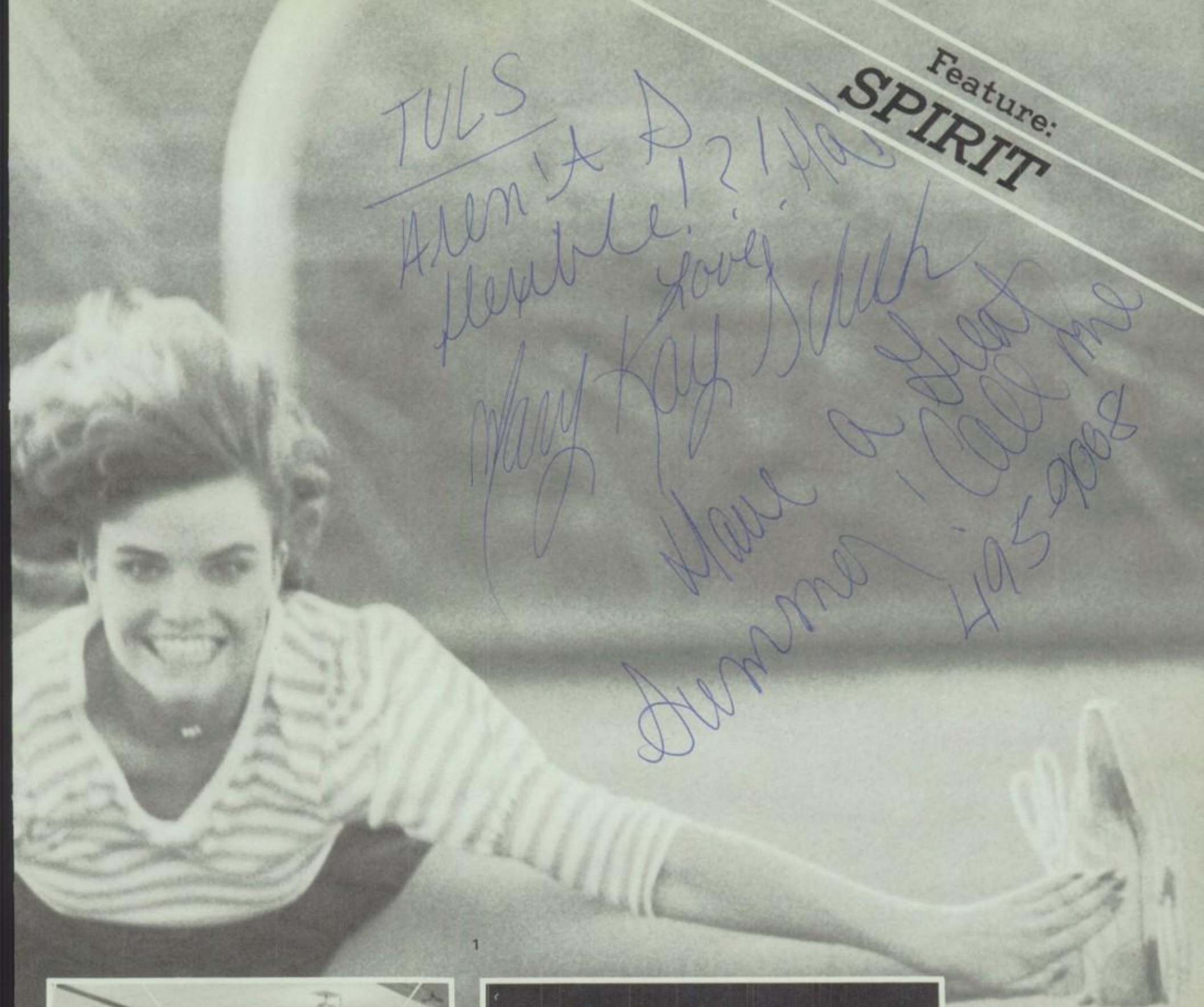


Feature:
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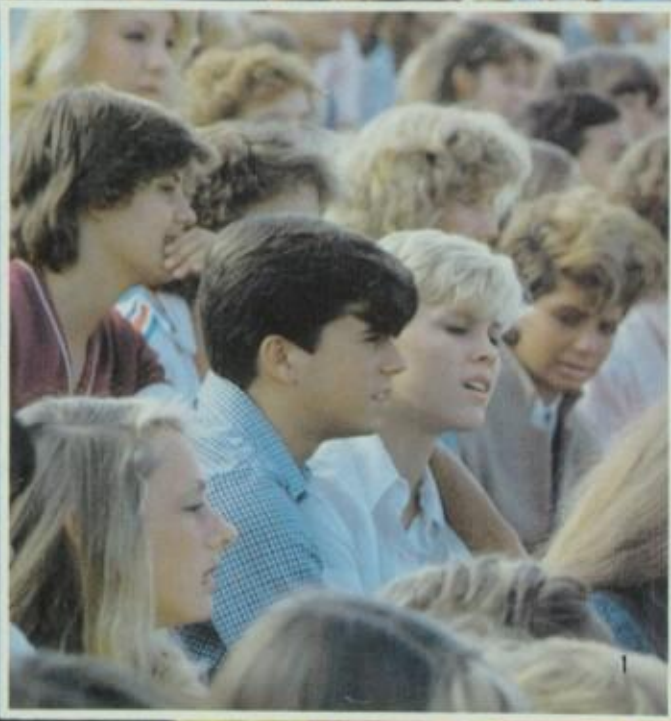
Arm's D 21/4
flexible! 12/1/4
giving!

Mary Kay Schuh
Have a great
Summer! Call me
495 0008



1. Spirit is personified as **Mary Kay Schuh** displays her flexibility during one of the many pep practices. 2. Flying through the air with the greatest of ease is **Scott Townsend** as he leads his seniors in a cheer. 3. Another conversion point is made and CV cheerleaders run for the sideline to carry on with the spirit promotion.

PEOPLE &

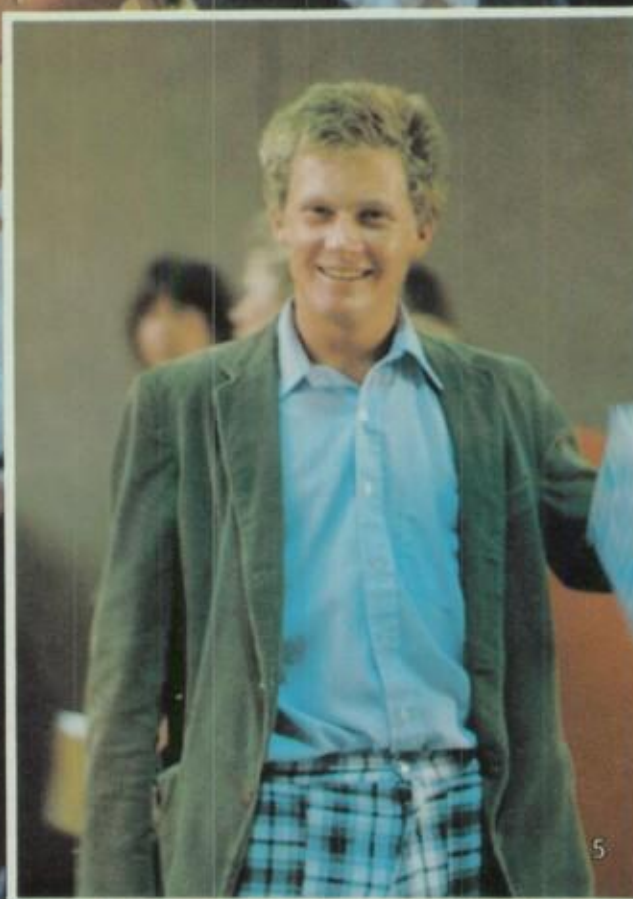
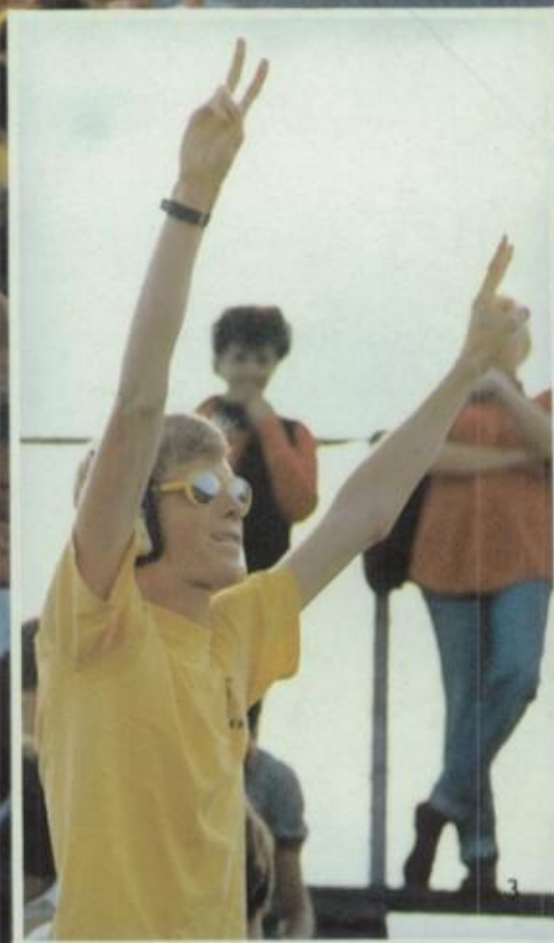


A Realm Of Smiles

Students masked themselves in many moods as they forged ahead through the frontiers of the campus grounds. From class to class personalities changed, sometimes warm and friendly, sometimes strange and unfamiliar. The bewilderment of the freshman was easily recognized by confident upperclassmen. Confronted by people with somewhat familiar faces, sophomores learned to express themselves during the "half-way" point at CVHS. Images of the junior class reflected were seen in their involvement in various organizations. Prominent in most of the school's activities was the dominant senior class. Seniors exploded onto the campus scene with their inspiring vitality and spirit. Together the classes combined a mixture of myriad expressions, all constituting an adolescent population growing and learning about themselves and the world around them.



PERSONALITIES



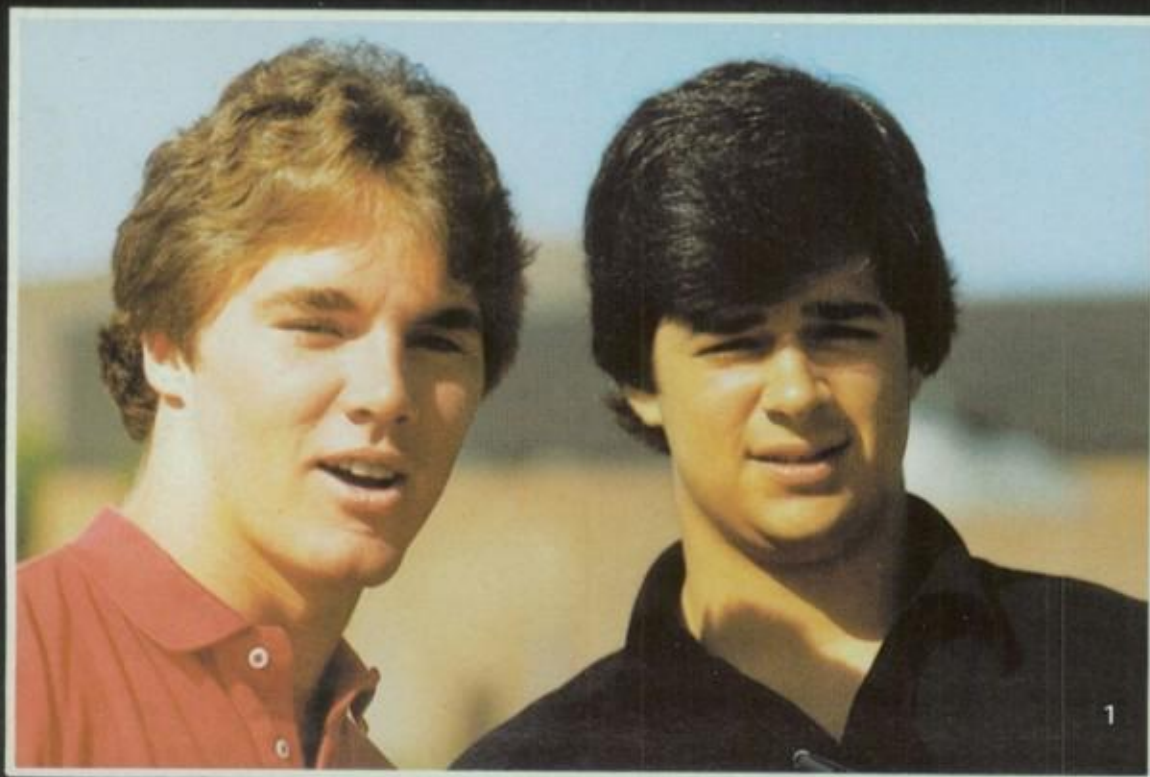
1. Hypnotized by the activity at a pep rally, **Todd Gardner** and **Traci Strain** witness the antics of the senior class. 2. Relaxing in the mall, **Renee Kuchera** and **Michelle Heller** share their thoughts on school activities that lie ahead. 3. Projecting the Cougar spirit, **Rich Angell** gives the high sign to fellow Cougars on the field. 4. Enthusiasm is generated from the crowd of Cougars taking part at one of the many CV rallies. 5. Traveling through the mall, **Mike Korts** intends to tackle the demands of his next class.

seniors

Facing the threshold of new and exciting experiences, the 1983 graduates ended their high school days while beginning the challenge of finding themselves and making their own features prominent in the midst of a com-

petitive world. An endless quest for resolutions to contradictions was a goal and these seniors have learned all they can from this stage in their lives. Soon they will be confronting the new responsibilities and tasks, having the opportunity to express their values and philos-

ophies. The lifetime before them is full of dreams and aspirations which will ultimately become a reality. Further, each will grow in mind to overcome the obstacles and reach many desired goals.



1. Football studs, **Bobby Jenkins** and **Rick Gerard**, take a rest from their strick regiment. 2. Modeling Cougar spirit **Lisa Oldham** and **Michelle Hargrove** show off their stunning limbs on their way to class. 3. Putting the senior class president, **Scott Townsend**, under pressure is **Bobby Molina** (treasurer), **Jerianne Richie** (secretary), **Howard Fullrost** (representative), **Kathy Nelson** (representative), and **Don Deleva** (vice president). 4. Sporting Cougar fashions, **Scott Townsend**, **Jim Kennedy**, **Don Deleva**, **Jeff Theders**, **Glen Black**, and **Don Sedgwick** spark crowd interest before the big Mission game.

class of 1983



Theresa
Aldrich

Kim Alsobrook

Manuel
Alvarado

Michelle Amen

Janet
Anderson

Mitch
Anderson

John Andrew

Richard Angell

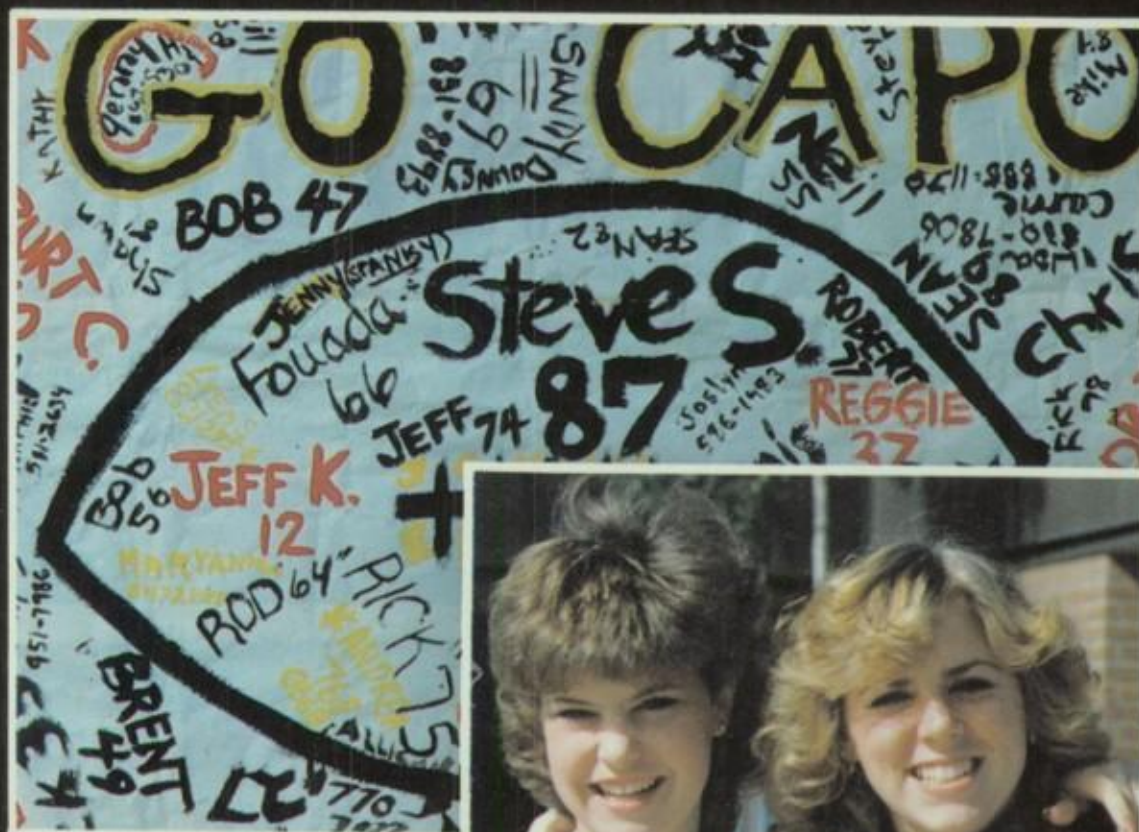


Seniors Light the Fuse

Seniors exploded with a bang this year, creating spastic fun and involvement from breakfast on the campus lawn to radical explosions of senior spirit at pep rallies and games. The first pep rally of '83 was a success as seniors triumphed over underclassmen during class competitions. Every Friday night wandering mobs of seniors paraded

'83 Explodes

to the football games, stopping at pot-lucks, tailgate parties and Bob's Big Boy. Seniors stirred up campus life, displaying their weird sense of humor. Dress-up Day invited seniors to express themselves in such disguises as DOW soap suds, and the U.S. Army. The year rolled by offering seniors a chance to attend their last formals, proms, and dances. The class of 1983 discovered a unique binding quality in friendship and drew closer together. Senior banquets, picnics, and "grad" practices closed an active year which can never be forgotten.



1. Post Mission night antics reveal a poster of Capo's football team. 2. Exiting the school, **Maryandra Holmes** and **Lisa Oldham** smile with school spirit. 3. **Nancy Ramirez** flashes a smile as the Homecoming nominees are announced at a pep assembly on the field.

STATUS QUOTES

"I know what my limitations are and I try to overcome them."
JACKIE SCREETON



Mary Annala

Warren
Arblaster

Stephanie
Arcade

Cameron
Armstrong



Mitch Ashwill

Lisa Auslander

Dana
Autenrieb

Asa Azar

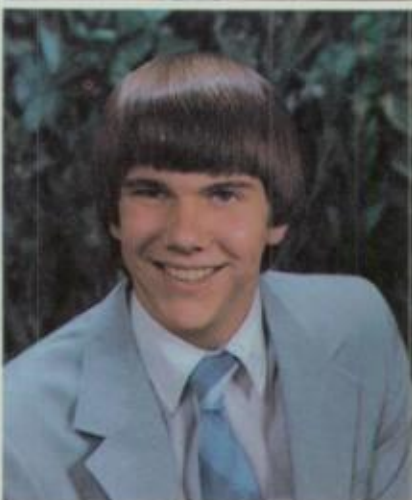


Greg Azua

Eric Bache

Carolyn Bailey

Este Bailey

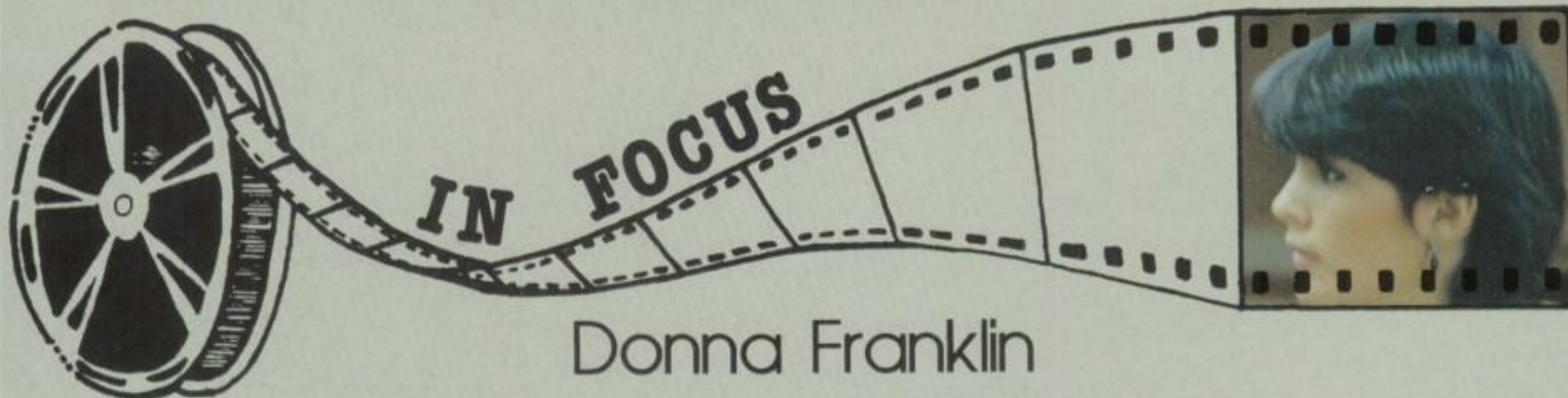


Renee Baker

Bill Baldwin

Frank Banda

Wayne
Barnhoorn



Donna Franklin

Combining an active social life and disciplined academic study is successfully achieved by Donna Franklin. Her versatility is evident as she has balanced a two year term as ASB vice president while maintaining high scholastic standards. In her pursuit of theatrical experience, Donna has been involved in drama while at junior high and high



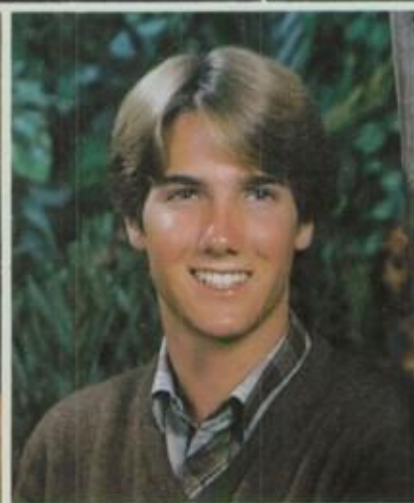
school, and hopes to continue this interest through her college years. In her spare time she may be found processing her own photographic work, skiing on the snow or water, or spiking a volleyball at the beach. Donna has chosen U.C.I. as her intended campus for higher education in her pursuit of a history or pre-law major.

Bob Bath

Anne Marie
Bayhi

Brad Beck

Steve Becker



Cyndi Begin

Rick Bellis

Luz Beltran

Sharon
Benharash



Toni Benoit

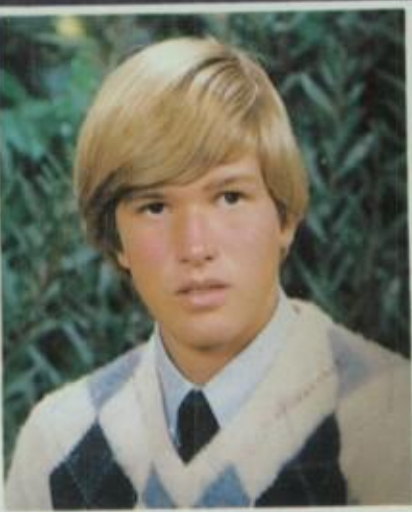
Mike
Bergersen

Dean Berreth

Tamara
Bertwell



IMAGE MAKERS



Darrin Bickler

Tammy Bigelow

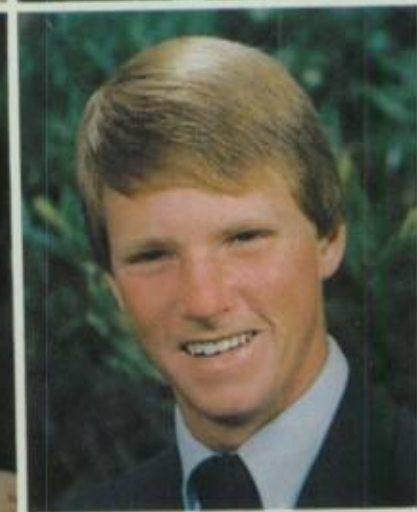


Will Binder

Glen Black

James Black

Jeff Blum



Erika Boen

Don Bohlmann

Eulondra Boldman

Julie Bonham



Catherine Boudreau

Peter Boyd

Robert Bradley

Robin Bradley



1. Expressing himself, **Ed Dunevant** releases frustrations in the mall at the end of a hard day. 2. Pondering his strategy for the lunch line **Bob Bath** meditates while the Colonel lectures. 3. Huddling together during lunch seniors create a friendly atmosphere.

STATUS QUOTES

"I want to be just like Colonel Frost when I grow up."

MATT SOTO

Tyler Braun

Michael
Brettell

Preston Briggs

Tim Brillhart



Kathie Brown

Ken Brown

Julie Browne

Troy Bryans



James Buck

Roxane Buck

Peter
Bulsombut

Alan Burt



Bernerd
Callahan

Jamie
Campbell

Laura
Campbell

Susie Cantwell

138 SENIORS

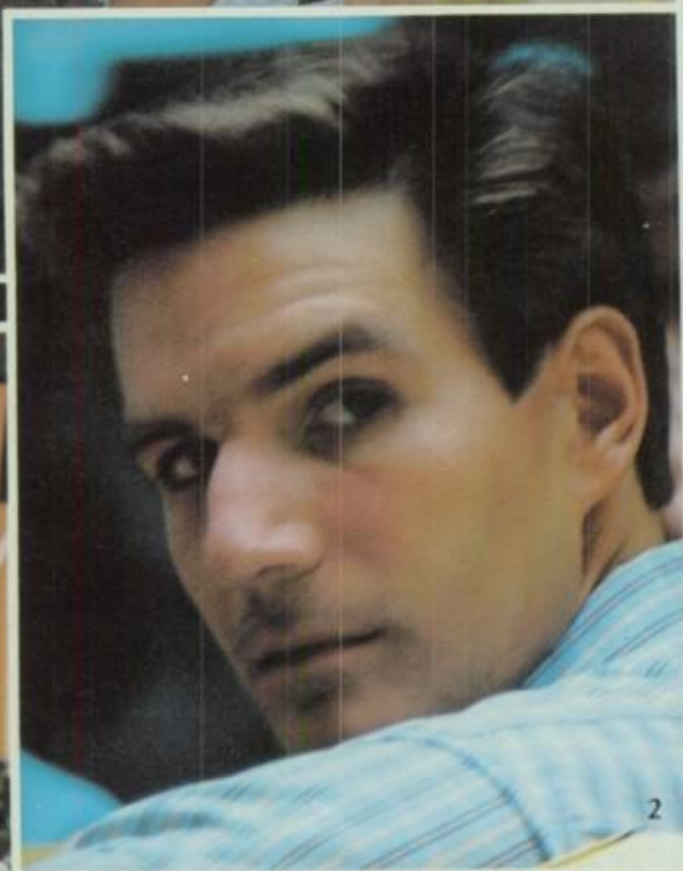




Jeff Cartee
Andrea Carter
Krista Carter
Bob Cast



Stephanie Catino
Jamie Chaska
Christine Chavez
Mary Chittenden



1. Procrastinating until the last possible moment, senior boys make trouble outside of **Mr. Sayles** government class. 2. Reflecting on the fifties, **Karl Pittman** slicks back his hair and models his bowling shirt. 3. Vogue is the mode for senior **Jo-leen Miskevich**.

Off the Wall

The class of 1983 brought many individuals seeking their own way of doing things. Preppies were decked out in their loafers, gators, and argyles; Punkers shocked the local populus with whips and chains; and the 50's rocker otherwise known as a "Rockabilly" flaunted a greased bouffant and bowling

fashions fit the fad

shirt. The clothing styles showed a wide variety of trends from minis and bermudas to polkadots. The mall served as a runway for various tastes. The staple of Capo Valley fashion was of course the everpresent jeans. 1983; however, brought not only several "brands" to the different "hides", but also a virtual rainbow of colors. Black came back in such forms as the "tuxedo", another popular outfit favored by students. Exciting new combinations breathed life into an otherwise conforming crowd. Students commanded the helm when it came to clothing, giving students a strong sense of individualism.

SPARK OF SPIRIT

Mike Cisowski

Kris Clark

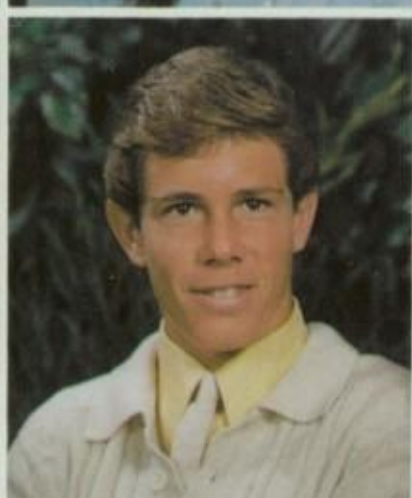


Paul Clausner

Patricia Cole

Ron Collins

Bryant Cook



Gary Corner

Leeann
Coulter

Christa
Coutlee

Julie Cox



Pam Craig

Katie Croskrey

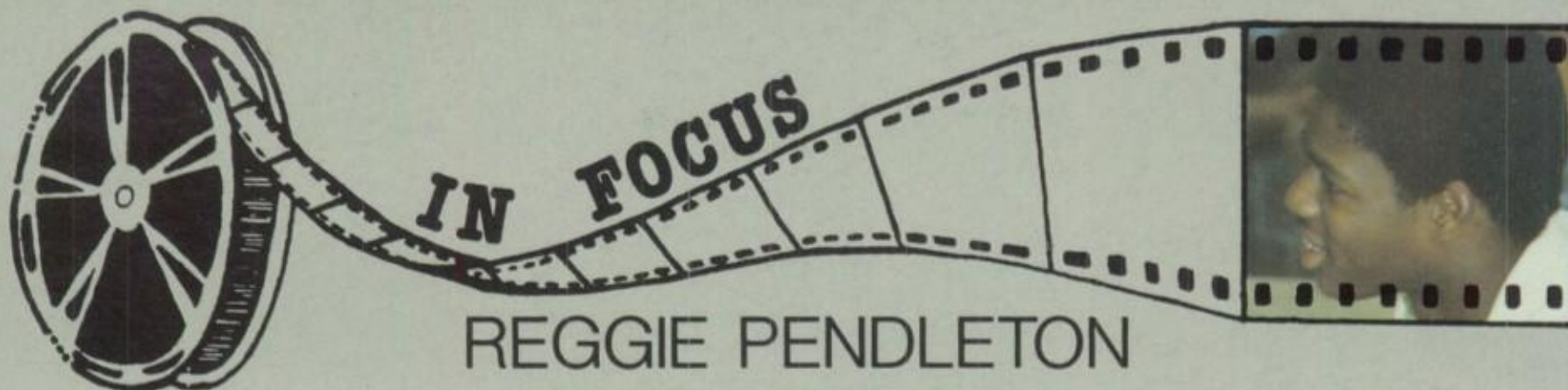
Wendy Cross

John Crum



1. Jumping in for a pose **Kelley Grant** and **Pat Lowe** flash a smile. 2. Silently amused, **Liz Saba** reflects on the boys passing through the mall. 3. Finding amusement with the camera, **Nancy Park** displays hysteria.





REGGIE PENDLETON

Talented, inspiring and outgoing Reggie Pendleton supercedes the normal expectations of a high school football player. He has gained knowledge from his coaches concerning life which he states, "I will carry throughout the rest of my life". His future plans include UCLA and competing with other athletes for the Heisman Trophy.



He hopes to own a corporation that deals with technological advancements such as solar energy. Reggie knows obstacles lie ahead. To Reggie CVHS is a great experience. He finds, "it is the people that make this school what it is!". An excellent athlete as well as practical and friendly, Reggie Pendleton is certainly a credit to Capo Valley.



Sherry
Culpepper

Stuart Currie

Sean Cussen

Deda
Dahlberg



Mark Davin

Jim Day

Wendy Day

Walt DeCasas



Don Deleva

Gloria
Delmastro

Kristin Devoto

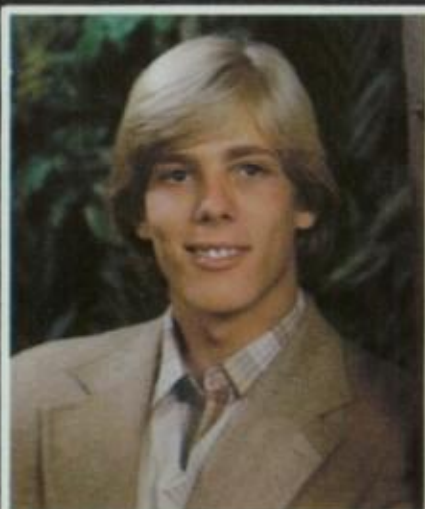
Stacy Dill

Robert
Downey

Sandy
Downey

Donna Doyle

Lisa Draney



Ed Dunevant

Brad Dunlap

Greg Durand

Stephan Eckel



In Other Words

Just like any other year students adopt a vocabulary of words which express the trends of the day. From the radio, at the beach, in the halls and in the locker room, one can hear a vast number of words that may simply mean great or awful. Examples of these may be "cool", "totally", "no way"; expressions like these explode creating a

What are words for?

new and exciting language. The classics of the year were created from the "valley girl" movement. Some of these phrases were "like totally", "grody to the max", and "gag me with a spoon". Descriptive phrases gave students a chance to make their points with authority. And though it may have seemed that the verbage was foreign, students quickly interpreted the diversifying jargon. Students resisted the confines of the structural English language, inventing new words right and left. For Capo Valley students "slang" was inappropriate. Instead creative oral expression demanded an industrious and perceptive mind.



1. Kathy Nelson, Linde Haun, Sue Schlebert, and Nancy Ryan cling together for safety as flying saucers whiz through the mall. 2. Suave Tony Gifts glides through the mall looking for ardent admirers. 3. Words are not necessary for Ryan Ridill when he gives his heart winning smile.

STATUS QUOTES

"Seniors who hang-out, happen!"

GLEN BLACK

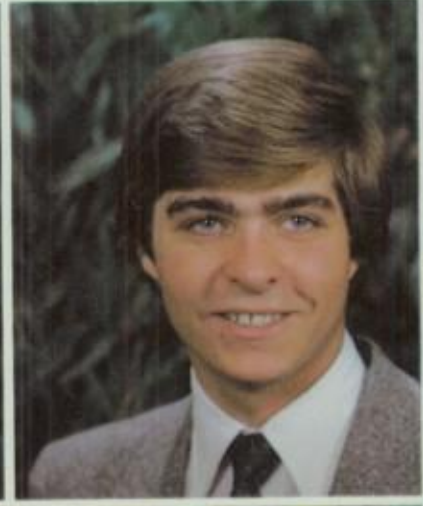
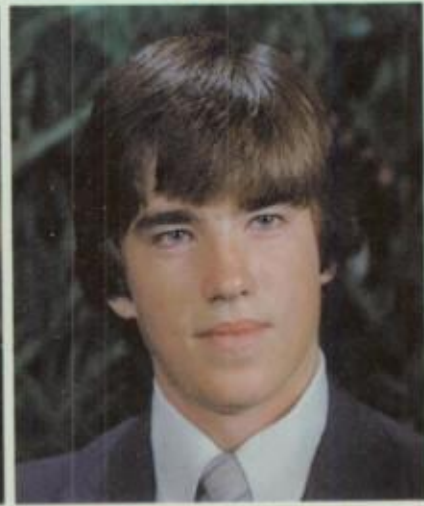


John Eidt

Gaylynn Eidy

Wendy Elliott

Ken Esau



Amy Faulds

Renee Fenton

Adam
Ferguson

James
Ferrigno



Steve Finden

Shawn
Fishbaugh

Steve
Fitzpatrick

Maureen
Fitzsimons

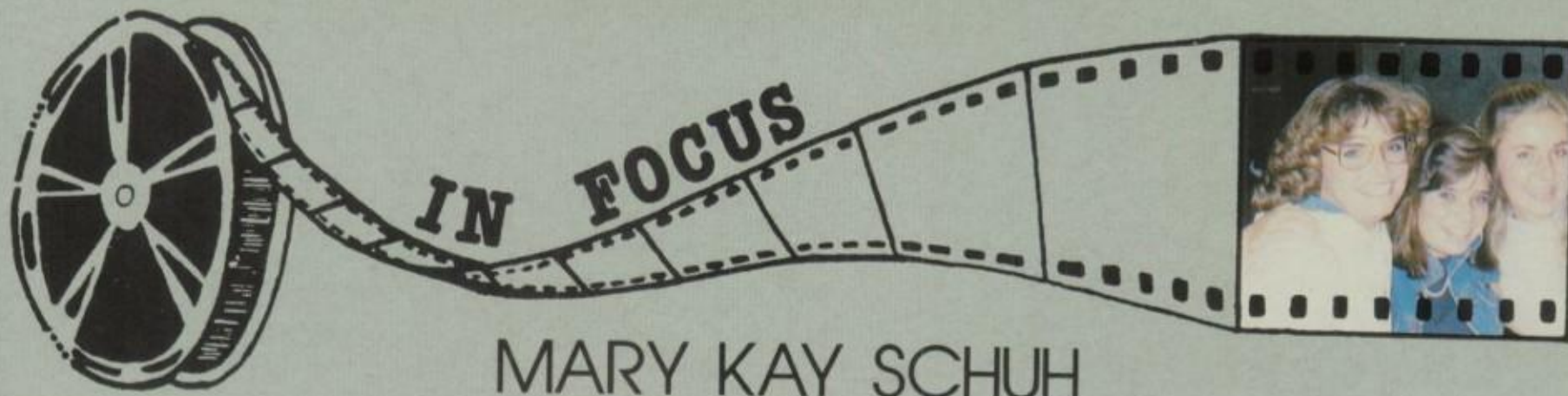


Lance Floerke

Lauri
Florentine

Michele
Foerster

Michael
Fontaine



MARY KAY SCHUH

Completely dedicated to songleading, Mary Kay Schuh spends most of her time practicing for competition. Her hard work payed off in countless awards: Drill Team's Most Spirited, J.V. Cheer's Most Dedicated, Songleading's Most Talented, and the Juniors/Juniors Award. When not songleading, Mary Kay found time outside from her school activities, dancing in Disneyland's parades and shows.



Representing Capo Valley as Key Club's treasurer kept Mary Kay occupied with helping the community. Strong religious beliefs found Mary Kay active in a youth ministry organization. After winning countless merits at Capo Valley, Mary Kay hopes to continue her education at Cal Poly San Luis Obispo, majoring in business administration as well as furthering her dancing ability.

Tracy Ford

Scott Fosdick

Donna Franklin

Robert Frias

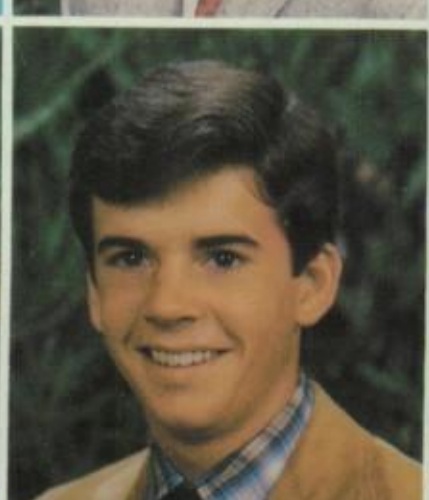


Kenneth Friess

Howard
Fulfrost

Kevin
Gardetto

Todd Gardner



Don
Garrington

Jim Garwood

Daniel
Gatchel

Scott Gates



PROUD COUGARS



Rick Gerard



Laura Gill



Tony Gits



Erwin Gomez



Fanny
Gonzales



Adam
Gottdank



Kelley Grant



Daniel Gratton



Michele
Greene



Lanette
Greenfield



Richard
Griego



John Griffin



Michael
Griffiths



Carrie Grim



1. With slicked hair in fifties decor, **Brad Dunlap** draws attention to himself as he walks through the bleachers. 2. Wig in hand, **Scott Townsend** flicks his wrist bashfully towards the crowd. 3. Disgusted with his failure at an ESP pep rally, **Mark Davin** turns away from **Genese Sodikoff** as she smirks to herself.

STATUS QUOTES

"I get excited in the morning when I find a new way to cook an egg."

JERRIANNE RITCHIE

Doug Grover

Kathy Gude

Claudia
Guerrero

Lori Guido



Tim
Gunnemann

Dave Hadley

Jeffery Haig

Lori Haines



Kim Hampton

David Han

Albert
Hananel

Michelle
Hargrove



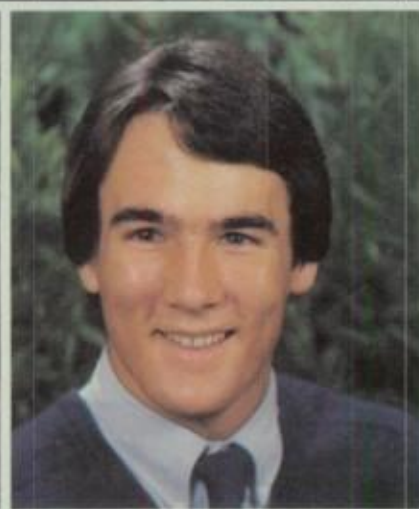
Steve
Harwood

Linde Haun

Cheryl Heiller

Mark
Heinaman





Todd Henry

Bill Hibbs

Vicky Hill

Eric Hoag

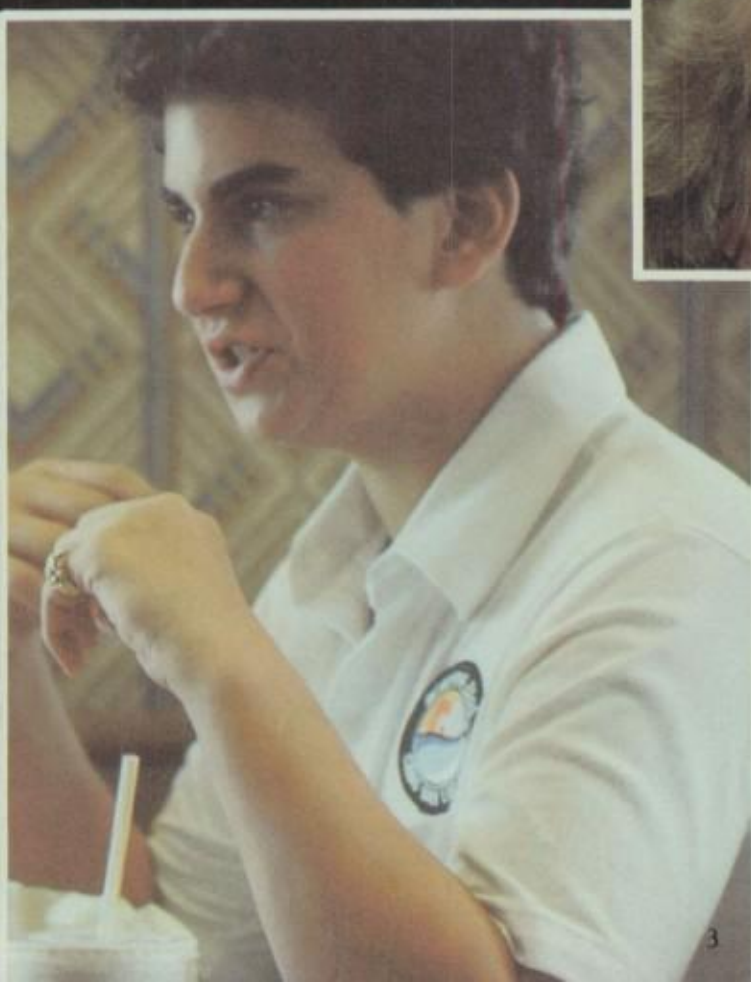


Joslyn Hoffart

Maryandra
Holmes

Jenny Hong

Chuck Hoover



1. Returning from lunch at Carl's Jr., **Hugh Prosser** pauses to finish his burger and fries. 2. At lunch, **Kim Snow** guzzles her juice to wet her whistle. 3. MacDonald's provides the perfect atmosphere for **Gary Margolis** to munch a lunch.

Seniors Belly Up at lunchtime

As the magic hour approached, Cougars squirmed and fidgeted in their seats. Lunchtime, the noon-time toll of nutrition, inaugurates munch-time at Capo Valley. Whether it be food from the cafeteria or from the local franchise, students never fail to fill up for the remainder of the day. The food service

Growing tummies re-fuel at local pit stops.

lines seem endless but eventually one reaches the vast selection of sandwiches, salads, and snacks. The two levels of the mall are filled with students happily gorging themselves with big cookies, nachos, bagels smothered with cream cheese, chili, and chips. The cafeteria serves a wide variety of etables pleasing just about every palate. Yet there are still some unsatisfied Cougars, or simply restless ones, permanently retiring for the day at the local "pig-out", like Naugles, McDonald's, Taco Bell, or Togo's. From campus food to nearby pit stops, seniors never fail to re-fuel, gladly satisfying their growling tummies.

IN STYLE

Tom Hubble
Martha Huben



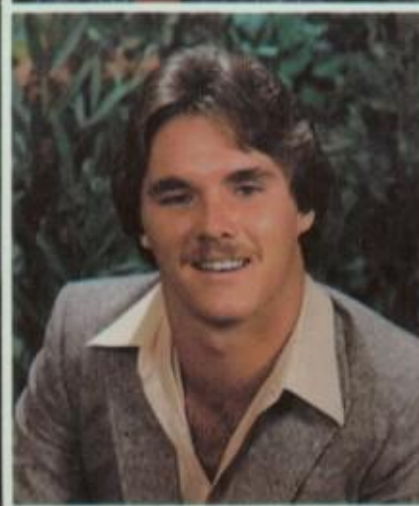
Mark Huber
Peter Hulse
Jim Hungate
Paul Hunn



Doug Hunter
Heidi Husoe
Paul Intveld
Mary Isky

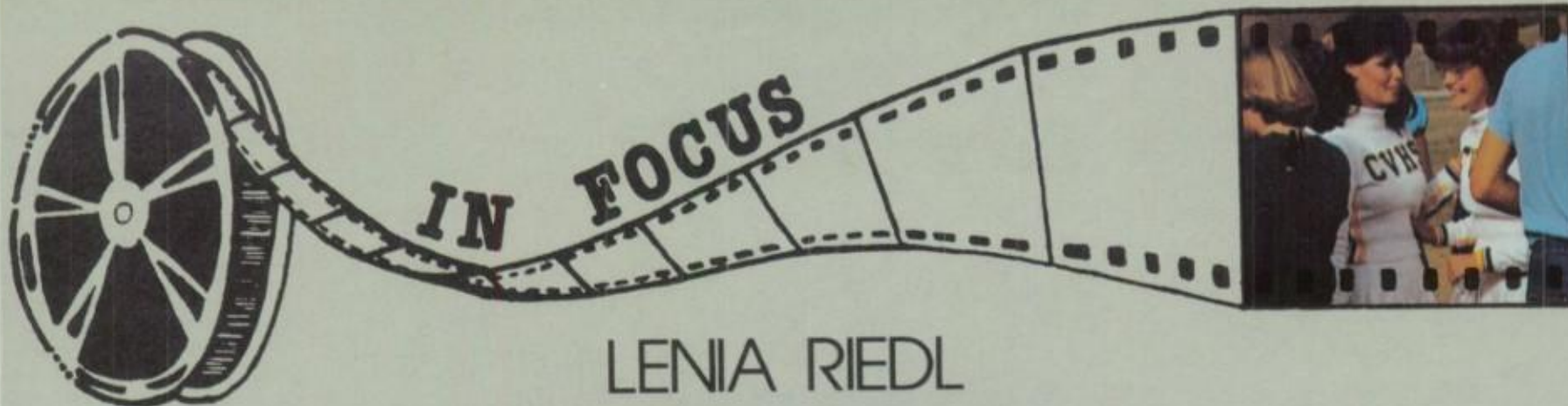


Bobby Jenkins
Ed Jensen
Ed Johnson
Jackie Johnson



1. Joe Cool, **Jeff Russell** hides behind his shades to keep the girls away. 2. Boggled by the assignment, **Pete Smith** makes a class smart remark in science. 3. Pulling together last minute plans pep commissioners **Liesl Pike** and **Stephanie Catino** look on.



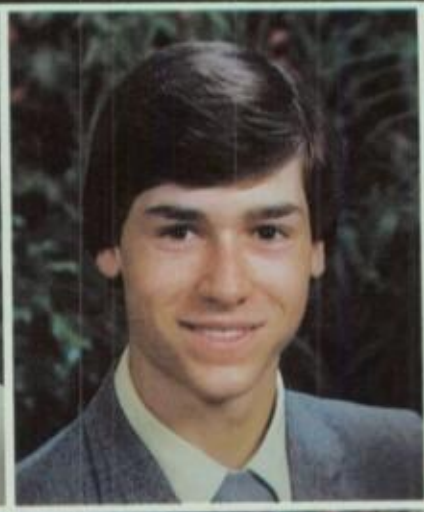
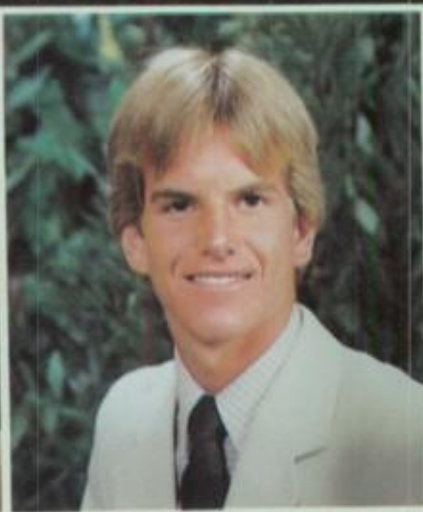


LENIA RIEDL

Lenia Riedl's smile and lively personality can incite a crowd of Cougars at a moment's notice. As a cheerleader for three years and a member of the exalted Cougar drill team during her freshman year, "Fab", as she is called, loves pep squad activity. She has been involved in many cheerleading camps. Friends and fam-



ily support her in the many events she has competed in. She finds time to dance and choreograph many of the routines she performs. Lenia is the president of Key Club. She will also teach and coach novice cheerleaders at the USA Cheerleading camp. Lenia hopes to attend UCI, in the pursuit of a career in computer science.



Jim Johnson
Mike Jolly
Greg Jones
Jennifer Joyce



Ken Julian
Michele Kaufman
Matt Keenan
Kristin Kehle



Jon Kemper
Jim Kennedy
Sean Kennedy
Lisa King

Kasey
Kingston

Kelly Kingston

Deanne
Kinsella

Shawn Kinsey



Mark Klefbeck

Lynell Kniep

Jim Kollias

Mark
Kosmowski

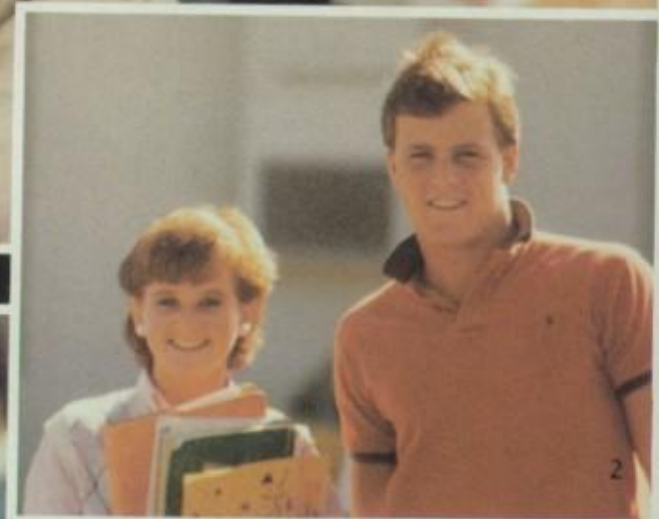


Destiny Becomes a Reality for Grads

At the top of the ladder, seniors realized it would soon be time to start a future. While producing fond memories and partying until dawn they never overlooked the fact that their destinies lay just around the corner. Sen-

Coming alive with senior strive.

iors faced demanding schedules, college applications, part-time jobs, scholastic examinations, yet they prevailed through thick and thin under the tremendous amount of pressure. Striving to make '83 the best year possible, Seniors took advantage of their "Senior Superiority", while reality edged nearer. After 4 years of magic moments, seniors were finally approved with the highlight event of the year — graduation. But graduation is a mere stepping stone into the turbulent reality at large.



1. The future challenges are written all over **Don Sedgwick's** face as he attempts to comprehend a science lecture. 2. As **Mark Davin** escorts **Maureen Fitzsimons** to class, future college plans dominate their conversation. 3. Studying diligently, **Dori Smuckler** takes notes to prepare for the next days test.

STATUS QUOTES

"Being a senior, I have realized everything I thought was foolish really is worthwhile."

JEFF BLUM



Jessica Krause

Kenny Krause

Renee
Kuchera

Scott Kusel



Gary
Lackerman

Shelley
LaFontaine

Chuck LaForte

Lauren
Lambert



Mark
Lambrecht

Ivan Lane

Randy
Lanham

Jeff LaRusso



Lori Lederer

Elisa Lesmez

Suzanne
Letzkus

Valerie
Levotch

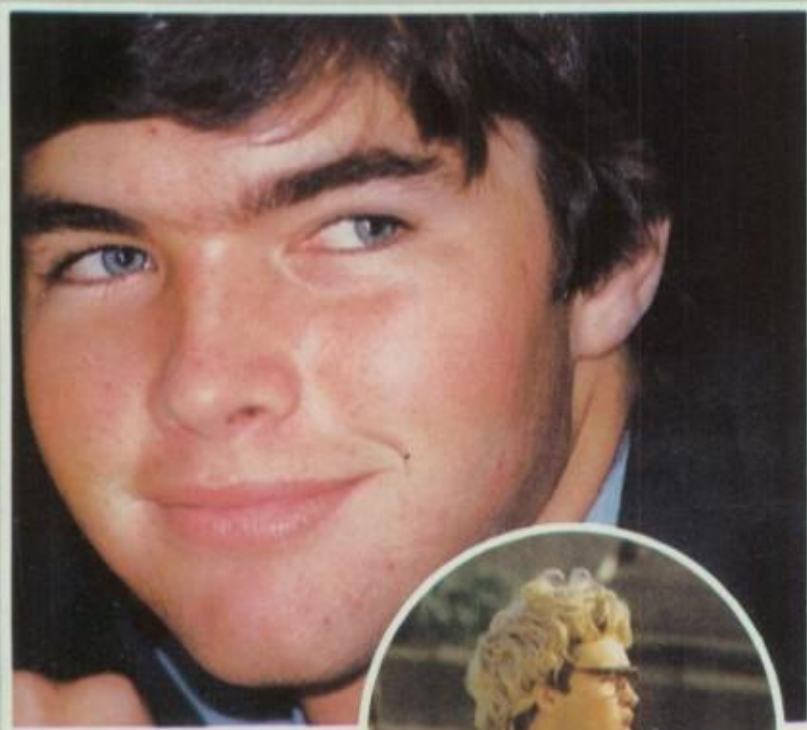
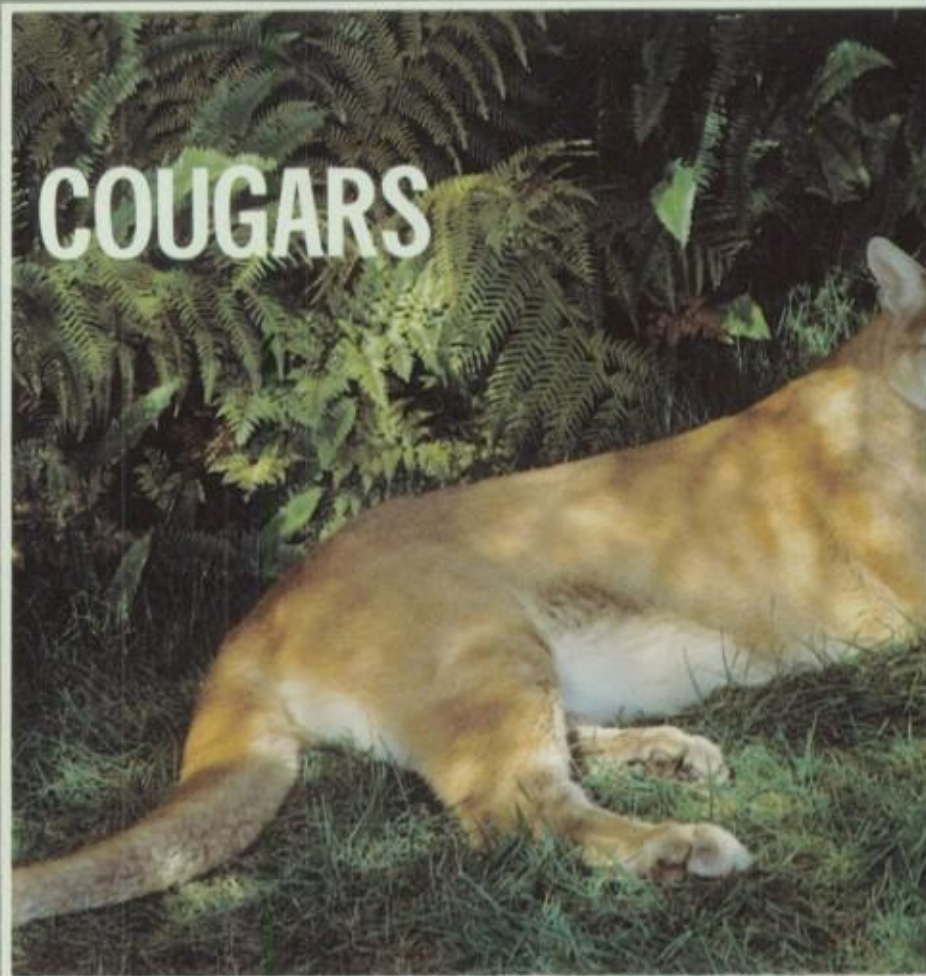
KALEIDOSCOPE OF COMMENDABLE

Breaking Traditions

Change has come upon this 1982-83 school year. To reflect the changes, the El Gato began a new image for the students as well as the school. "A Kaleidoscope of Commendable Cougars" was one of these additions. Through senior voting, seniors selected ten of their classmates who

possessed those special qualities which are admired and respected by all. The qualities displayed by this elite group ranges from ASB leadership to academic excellence. All of these individuals are shining examples of what the class of 1983 feels is a Commendable Cougar.

COUGARS



DON

Dedicated, committed, and congenial are all words that describe the 1982-83 ASB president Don Sedgwick. Don is actively involved in the full spectrum of school activities from a four year veteran in basketball to the founder and chairman of the new CDU club. His involvement in sports combines an interest as a spectator and player in tennis, racquetball, and backpacking just to name a few. Don is also actively involved in his church community and plans to spend 18 months on a mission following his graduation. When his mission is complete he hopes to attend Brigham Young University in Utah and major in business.



JENNY

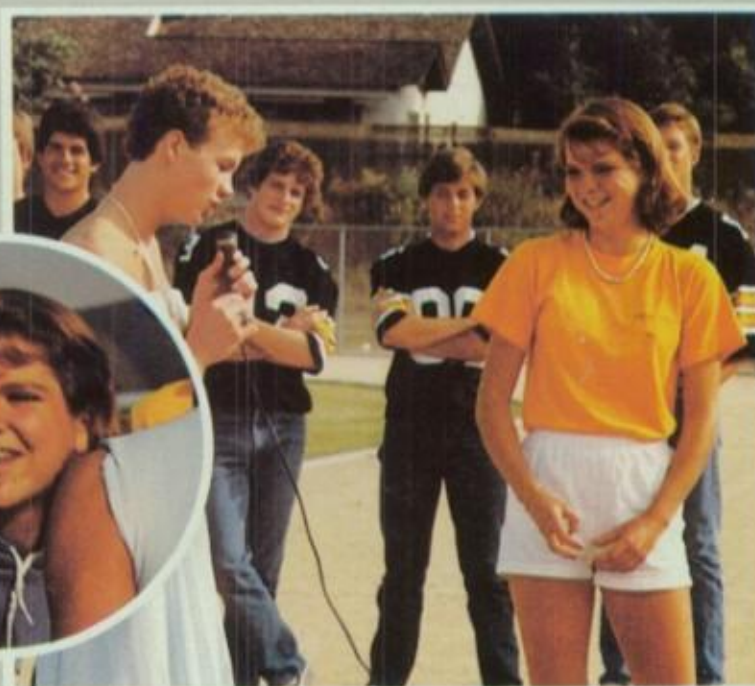
Commendable Cougar Jenny Hong has an active and exciting record during her four years as a Capo Valley student. Fellow Cougars recognized her fantastic and inspirational attitude. She has shown her spirit in everything she has accomplished. For four years Jenny has dedicated herself to pep squad. She tackled drill team in her freshman year, became a JV cheerleader as a sophomore, and finished her junior and senior years as a songleader. Her motivation and successful character are strongly related to her religion. It has given Jenny the desire to make the most of her life involving strong ties to her family and friends. Jenny feels that respect for one another is an important issue and that acceptance of others is important, regardless of beliefs. Future goals include attending BYU, and pursuing a career in drama.





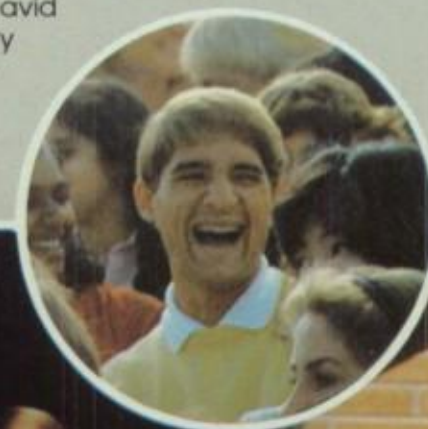
LIESL

Liesl Pike, one of this year's pep commissioners, was nominated for "Commendable Cougar" because of her inspirational attitude. Having accomplished a high grade point average as well as a dedicated attitude towards school activities, Liesl hopes to attend Stanford University and study business. Liesl faced many changes in attending Capo during her sophomore year. Moving away from her home in Pasadena created a new challenge for her. But, Liesl did not find difficulty in making friends. It is evident that Liesl's determined attitude gave her a successful last two years in high school, involving herself in pep club and as a pep commissioner. Always planning new and inventive ways of displaying school spirit, Liesl gave Capo Valley another dimension and meaning as a respected institution.



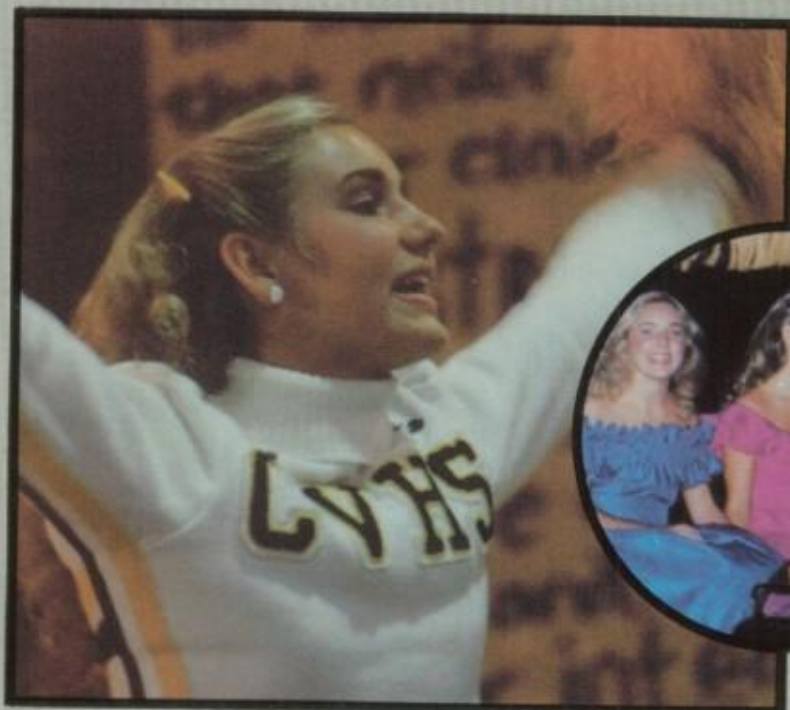
STEVE

As an accomplished athlete and academic achiever Steve Modory is respected and revered by many of his fellow classmates. He has received countless awards for his excellent performances in both volleyball and basketball and for his outstanding scholastic record. He studies and practices long, hard hours to receive the respect and commendation he deserves. But he also enjoys the lighter side of high school. He supports the school with great enthusiasm and spirit. Although much of his time is spent reviewing for exams and going over game strategies Steve manages to hang out with his friends and enjoy good conversation. He hopes to attend Stanford, studying engineering or medicine. As a valedictorian and avid sportman Steve Modory deserves special recognition as an outstanding Commendable Cougar.



JOHN

Involving himself in all school activities, John Reyes incorporated a very busy schedule. Arriving at school around 6:30 AM, John represented Capo Valley as ASB treasurer working continuously until 5:00 PM. Holding such a position enabled John to work closely with teachers, students, advisors, and administrative officers. Making and controlling the budgets, purchase ordering, and helping other officers were John's first priorities in ASB. Besides being ASB treasurer, John has been ASB publicity officer, receiving runner-up Student Leadership and Student Service Awards. Being one of the most involved, devoted, and sincere individuals at school, John is always willing to lend a helping hand in any way he can. When not participating in ASB matters, camping and fishing are relaxing ways in which John can rest his thoughts. John plans to attend college and hopefully someday become a veterinarian because of his love and devotion towards animals.

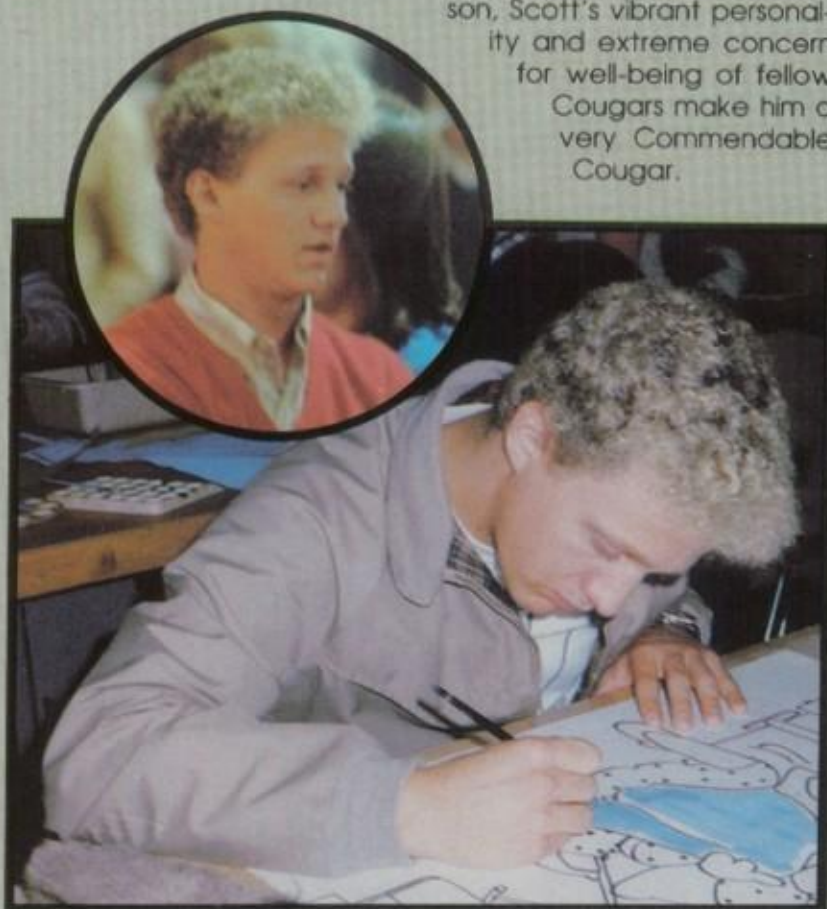


JOSLYN

Always on the go, Joslyn Hoffart displays exceptional performance in her academic and extra-curricular activities. She is involved from 7:00 AM to 5:00 PM including dancing and choreography in dance production as well as songleading. Recognition stems from her outstanding dancing abilities, leadership qualities, and a 4.0 standard she has maintained through four years of high school. Joslyn will begin college life as a valedictorian. She was the secretary for Key Club, a member of CSF, and a scholastic award winner in the Junior Miss of Orange County pageant. Spirited, talented, dedicated and loyal, Joslyn Hoffart stands out as a deserving Commendable Cougar.

SCOTT

Residing within the posh Cougar government chambers is mastermind Scott Townsend. As the senior class president, Scott makes decisions about many activities and social events that will make this senior year a memorable one. Scott's vitality and sparkling personality inspire enthusiasm and spirit. He is obviously dedicated to his fellow classmates, as he constantly arouses support from senior Cougars. Scott's other activities include special musical talents and athletics. He enjoys singing and as a member of a band which broke up, found that he really enjoyed the experience and looks forward to forming his own soon. A warm and congenial person, Scott's vibrant personality and extreme concern for well-being of fellow Cougars make him a very Commendable Cougar.



JULIE

Known for an exceptional disposition and warm attitude, Julie Browne is always willing to help out in many school activities. Her great personality and good sense of humor makes her "the life of the party". Julie attends an ROP nursery school class and wants to be a nursery school teacher, planning to study at Simpson College. Julie is always hanging posters and preparing for the upcoming events. The senior class is indebted to her for her time spent in aiding student body officials with plans and publicity. She was a Homecoming Princess for the school, showing the strong support from fellow classmates. Julie is a vital source of energy for activities such as ski club and pep club. She is definitely marked for success.

KALEIDOSCOPE'S FUTURE

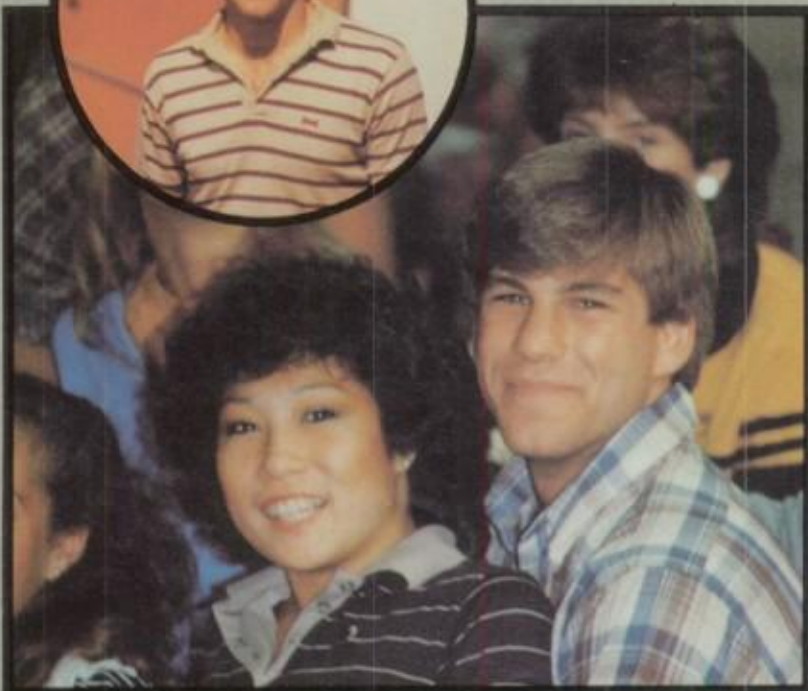
Continuing the Scope

The Kaleidoscope will keep on turning and reflecting the endless variety of Capo students that others will honor for their versatile qualities. In order to accurately represent the diversity of the school a widening array of commendable individuals, it is important that Cougars receive the recognition they

deserve. Students reveal the outer alterations and, therefore, can be a source of what the concepts and values were of the time. There are many prominent Commendable Cougars in the future classes and soon they will be recognized through this new division of the El Gato yearbook.

JOHN

Admired greatly by his peers, John Niccoli maintains any situation with the most outstanding quality. John's reliable and stable personality comes through in any situation. Although he spends most of his time participating in school activities, around home he sometimes reverts to two-year-old behavior, letting all his frustrations run wild. Participating in various sports, John has received highest recognition for his football abilities. Setting high goals for the future, John plans to attend the University of Southern California majoring in electrical engineering. Through practice and hard work John has proved that his dedication results in excellence. Another "Commendable Cougar" representing distinctive quality as both sportsman and academic achiever, John Niccoli wears the title proudly.



DON

A unique individual who stands out in the crowd personifies Don Deleva. Displaying both leadership and social characteristics. Representing the seniors as vice president keeps him occupied in the social activities of the class. Known to be a fickle dresser, Don's taste adds to his spirited personality. Besides leading a busy social life, Don participated in Capo Valley's wrestling, track, and football teams. As an "Adam and the Ant" impressionist, he would like to play in his own band. When Don finds some time for himself he loves to race model cars. With several future plans and high expectations Don plans to study at Chico State majoring in computer science.

FORCE OF FUN

Wendy Lewis

Dan Lockard



Leslie Long

Shawn Low

Pat Lowe

Caroline
Luebke

Katherine
Lunetta

Mike Lyon

Kevin
Maddock

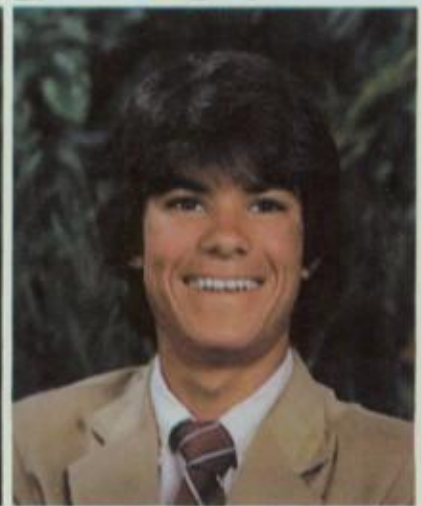
Mike Maiolo

David Malone

Jeff
Mansukhani

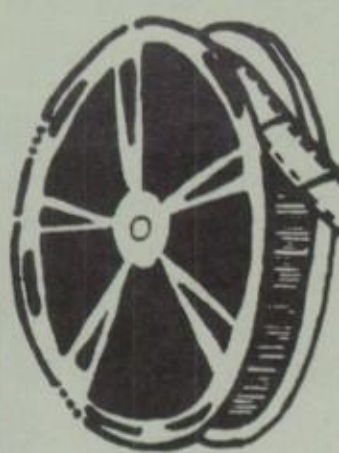
Darla Marasco

Steve Marble



1. Playing Tarzan for the day, **Steve Fitzpatrick** takes a break from swinging on vines. 2. Showing a "Rocky" pose, **Tony Puchi** awaits a further challenge. 3. Showing a threatening smile, **Christina Wallace** flexes her muscles after a work out.





IN FOCUS



JILL NELSON



As she completes her concise floor routine, Jill Nelson captivates the audience with graceful, flowing gymnastic feats. Her interest and ability in gymnastics started when she first began at age eight. She usually spends two hours practicing new techniques at a private studio after spending the afternoon with the Capo Valley gymnastic team. She has been a team member for three years and voted most valuable during two of those three.



Jill competed in the state finals placing 4th on bars and 10th on the vault. After she recuperated from a knee injury she suffered last year, Jill's strength and determination carried her through the rest of her high school career. Graduation plans include an engineering degree from Stanford and a career in computer science. With such a vibrant attitude and special talent Jill Nelson's success as an individual is obvious.



Martha
Margarit

Gary Margolis

Inez Martinez

Travis
Mathews



Todd
McDaniel

Darren
McDermott

Cathy
McDonald

Charles
McGarry



Colleen
McKibbin

Scott
McMahon

Cynthia
Mendoza

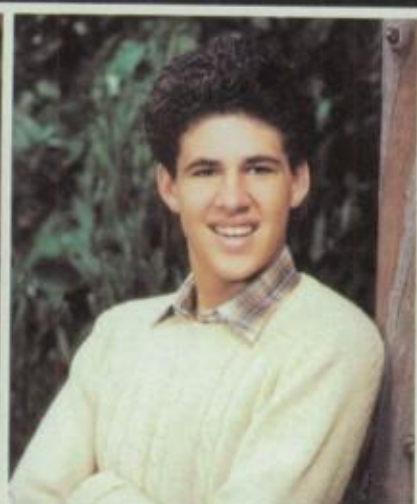
Laura
Mendoza

Rosa
Mendoza

Stephen Miles

Dennis Miller

Laurie Miller



Mark Miller

Tirena Miller

Jolene
Miskevich

Steve Modory

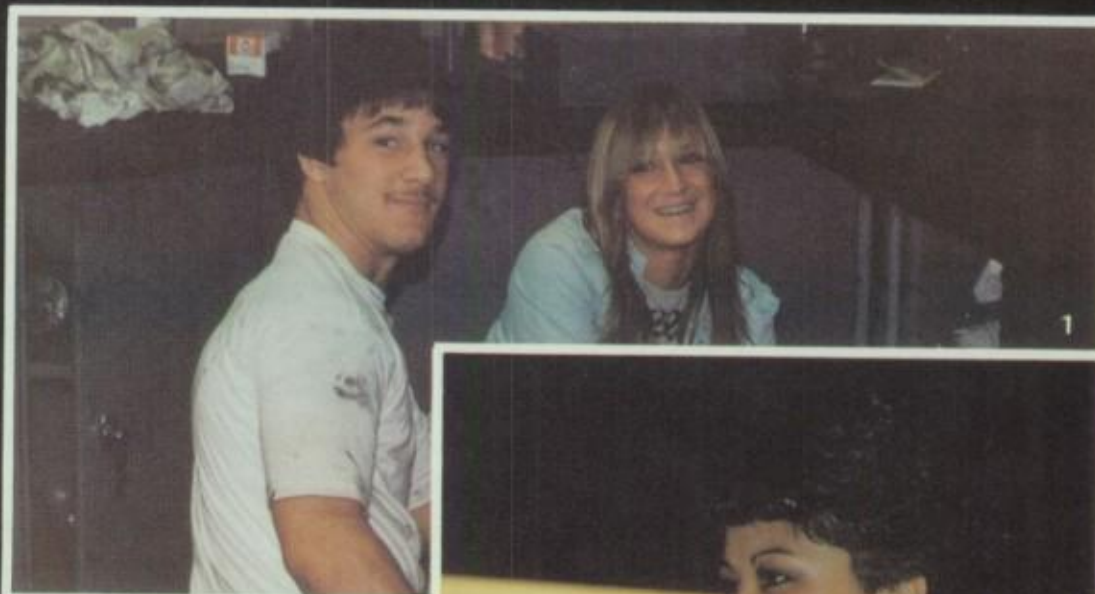


Breaking Into The Working Force

Many students who were hungry for independence and wealth found employment in various jobs at shops and stores in the area. Individuals went through numerous ordeals to reach their occupations. Interviews, applications, and the never ending search for employment thwarted students as they sold themselves and their talents. The Mission Viejo Mall provided students with numerous employers. Money was essential to senior survival and income was

Cougars Roll Up Their Sleeves

among one of the hotter topics of conversation. Many hours were clocked as individuals sweated towards another hour of flipping burgers, sorting racks of clothing, and pleasing an endless crowd of consumers. Students rode a tide of wealth as they accepted the responsibility of working, economizing on extras that had seemed so essential before.



1. Discussing the rough tasks presented by auto shop, **Pam Craig** and **Brent Trotter** ponder over engine parts. 2. **Khristie Pakh** lingers in the mall pacifying her nervousness before a long awaited job interview. 3. Smurf salesman **Bryant Cook** peddles his wares to prospective customers.

STATUS QUOTES

"Work is a learning experience, not manual labor or a forceable task."

JOHN CRUM

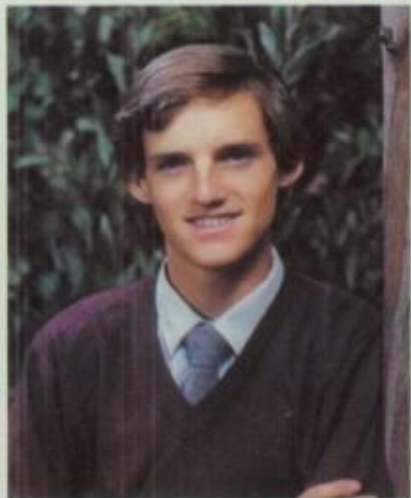


Nikki Moffat

Robert Molina

Ana Moll

Lisa Moncur



Eric
Mooneyham

Jennifer
Morgan

Sean Morrell

Scot Moss



Dan Mulder

Heidi Muller

Laura Myers

Susan Naziri

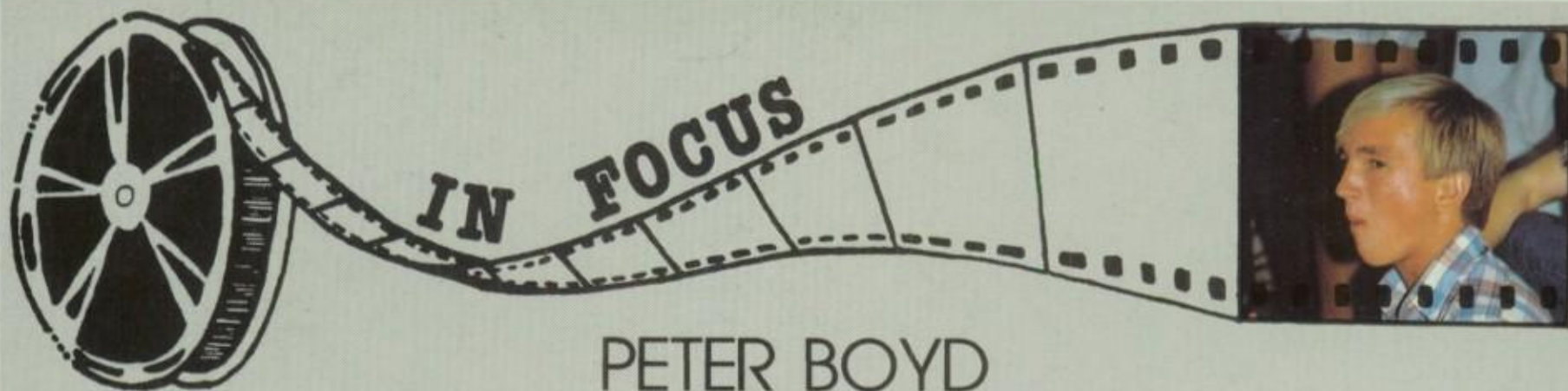


Mike
Neckerman

Brett Nelson

Jill Nelson

Kathleen
Nelson



PETER BOYD

The "B" Boy, Peter Boyd has shown his enthusiasm throughout four years of high school. Peter's moments in the spotlight have been eventful as well as successful. Besides displaying his athletic abilities throughout soccer, track, and surfing, Pete spent much of his time with friends, developing a nostalgic and notorious group reminiscent of the 50's. He says "the reasoning behind it all is simply to be different from the rest of the crowd". Peter's marine



ecology class sparked his interest to become a marine biologist. He intends to study at the University of San Diego. He feels that it is extremely important to "make something out of your life instead of waiting for it to make something out of you!" Music played a big part in high school for Peter, as he danced his way through the Rockabilly beat. Peter Boyd remains an exceptional personality and one who stands out in the crowd.

Jeff Netto

Rebecca
Neville

Patti Newby

Trieu Nguyen

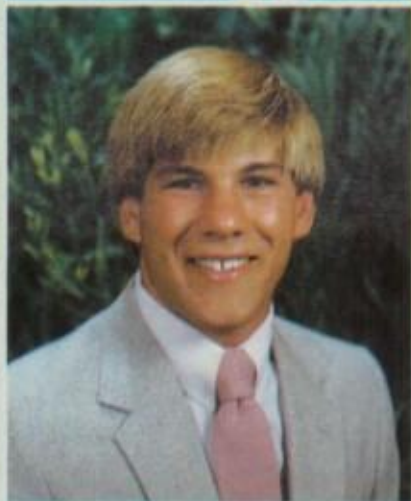


John Niccoli

Brad Nichols

Carman Noble

Lisa Oldham



Nancy Olson

Manuel
Ontiveros

Anna Orlow

Brett Osterfeld



CAPO CHARADES



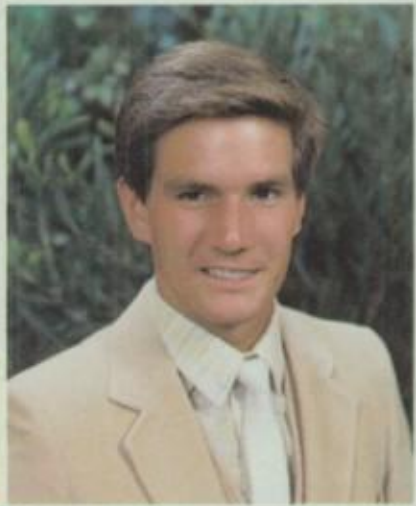
Khristie Pahk
Sheryl Paquin



Nancy Park
Sean Parker
Rita Patel
Reggie Pendleton



John Perez
Mike Perez
Sondra Peters
Alan Peterson



Liesl Pike
Pedro Pino
Jack Pitsker
Karl Pittman



1. Dressed up as blind mice, **Sonja Sutfridge** and **Janis Roberts** clown around on Halloween dress-up day. 2. Dazed and confused **Russ Thompson** stumbles through the hall trying to locate his next class. 3. After a long practice the football team lays on the field while being lectured to on upcoming plans.

STATUS QUOTES

"The most exciting event Saturday night is the race for shotgun."
LAURI FLORENTINE

Alison
Pizzimenti



Debbie Potter



Richard Powell



Hugh Prosser



Tony Puchi



Andrea
Quintana



Sandra
Rafeedie



Shannon
Rafferty



Nancy
Ramirez



Rebecca
Ramsey



Joann Rapp-
Lewis



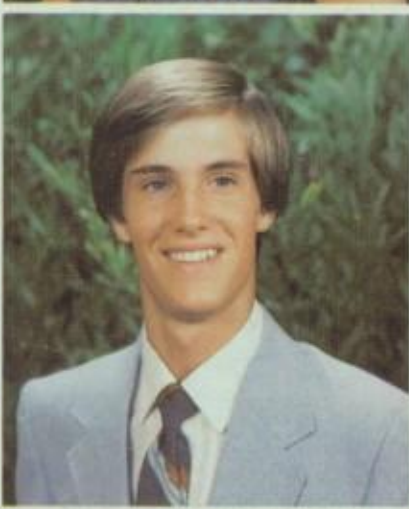
Roger Ray



Pam Reid



William Reis



Tamar Reisch



John Reyes



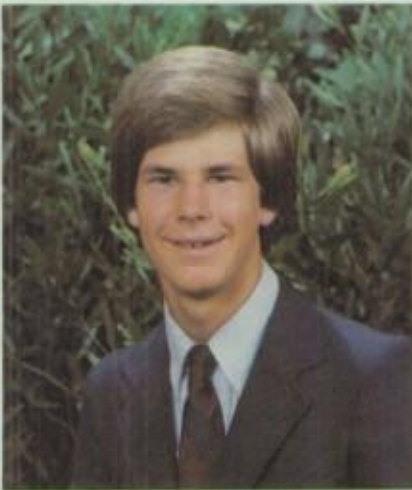


Alison Rhee

Richard Rhodes

Terri Richards

Roseann Ridd



Marjorie Riddle

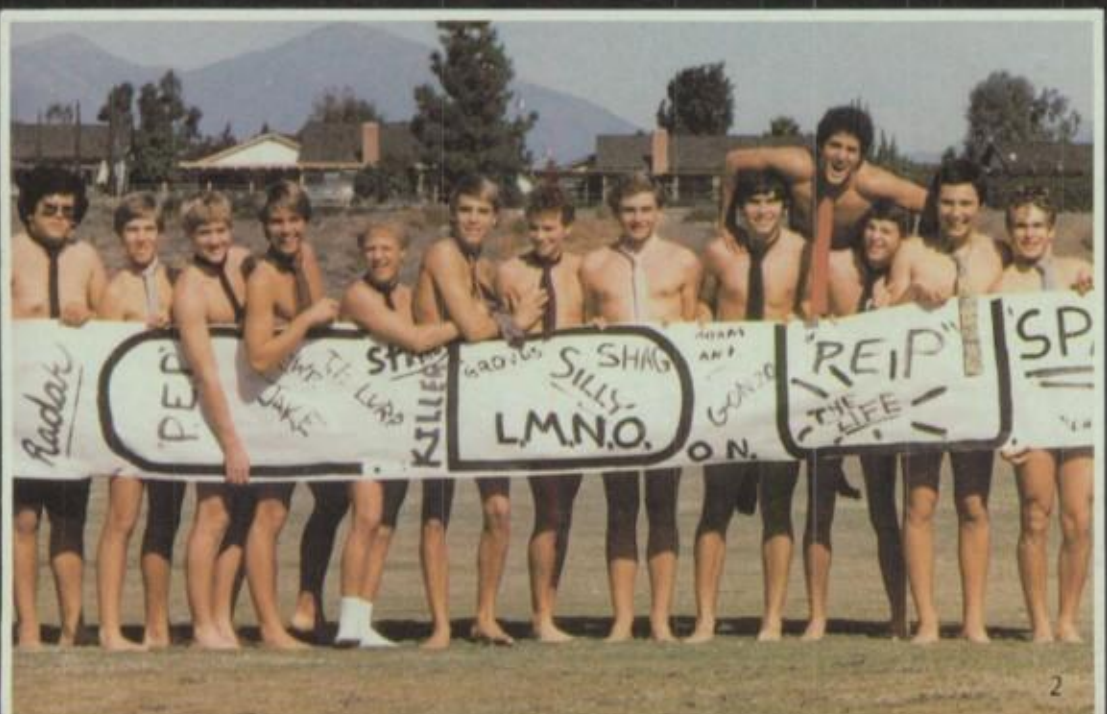
Ryan Ridill

Lenia Riedl

John Ris



1. "B" Boys strut their stuff to the tunes of the Stray Cats while gathered around an old sharp chevy. 2. CDU members display their unique ability to show spirit and get attention.



Jokers Incite Zany Activity

Adding to the every day routine way of campus life were those spontaneous seniors scheming up new forms of entertainment. Class spirit prevailed at pep rallies and games. Even during the demanding school schedule seniors participated in the lively events stirring up spirit. Pep club motivated seniors to stand out and show spirit by wearing hats, ties, sunglasses and other miscellaneous attire commemorating spirit

Madcap comedy prevails in Cougarland

days. During pep rallies most seniors found a traditional spot in the mall for sounding out their superiority. Active students formed cliques and clubs, definitely adding creative touches to the atmosphere. Organizations like CDU and the "B" Boys strutted their stuff, demonstrating unusual tactics of spirit and fun, challenging each other to friendly "duels" under the sun. Other activities gave the class of '83 opportunities to expose its crazy side. Dances, various parties, Mission night, and football games found seniors expressing enthusiastic spirit. From "piggin-out" at potluck dinners to breakfast on the campus lawn, zany antics pervaded student life.

CAMPUS CHUMS

Jerrienne
Ritchie

Teresa Ritti



Janis Roberts

Mary Robinson

Robert Roche

Michael
Rodriguez

Ulrike Roessler

Ilona
Romaszko

Roy Romero

Tim Romero



Ken Romo

Mike Rondeau

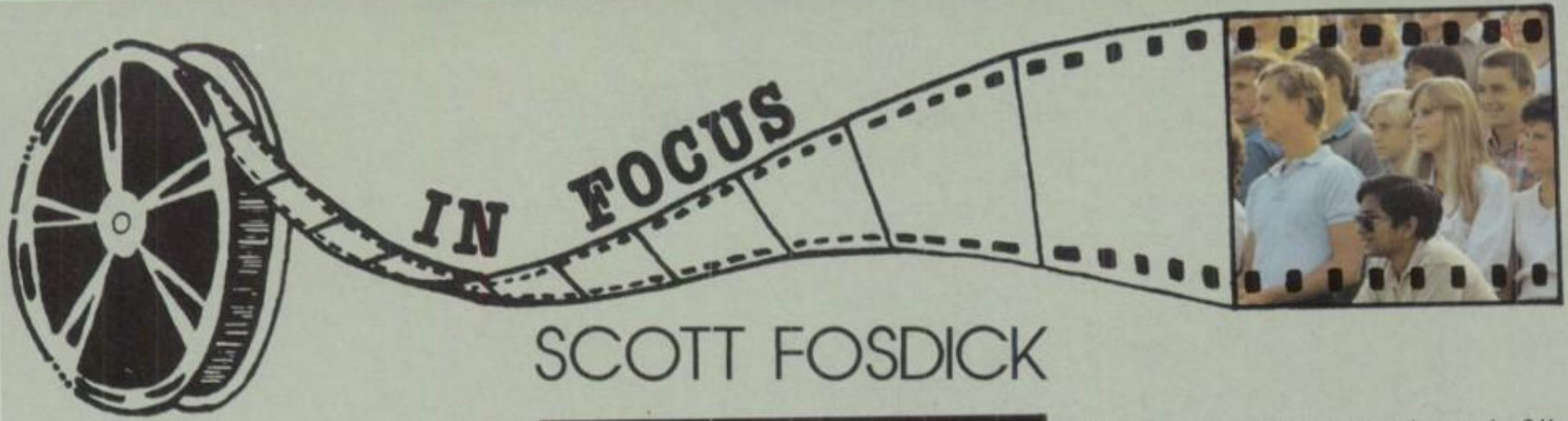
Cary Rose

Lisa Rostoker



1. Referring back in time, the "Boys" display their James Dean look. 2. Sneering into the camera lens, **Brad Beck** tries to flirt with the photographers as usual. 3. Planning Friday nights strategy, the varsity football team meets for afternoon practice.



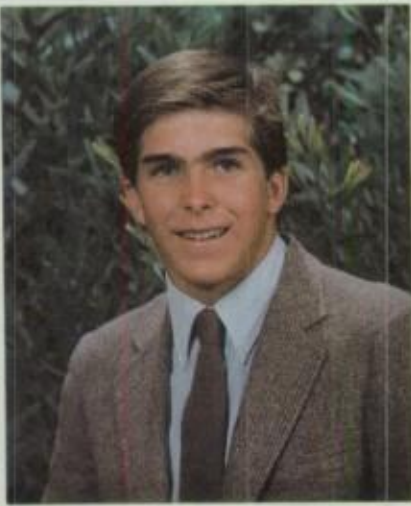


SCOTT FOSDICK

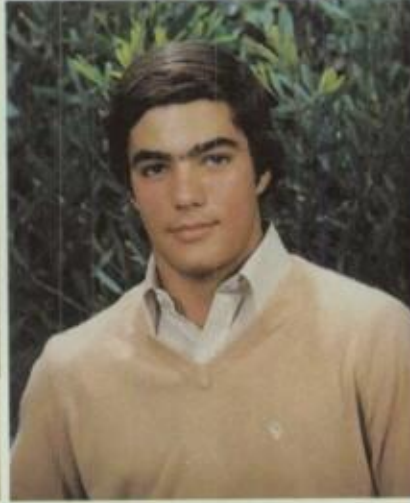
In an indepth interview, Scott Fosdick confesses his favorite subject is himself. He moved from Texas specifically to dive with the Nadadores under Coach Ron O'Brien. Scott has been diving since the age of eleven. To become one of the best, time and effort is required, producing quality results. Thus far Scott's titles include; 5th



place on low board and 8th place on high board for the Junior Nationals. He dives with motivation and determination to challenge his standing achievements and further his tremendous diving ability. Scott anticipates attending the University of Florida developing journalism and advertising skills.



Paul Roth
Jeff Russell
Marcy Ryan
Nancy Ryan



Liz Saba
Susan Sadey
Tom Sadey
Teresa Sadowski



Patty Salmon
Victor Samano
Stephanie Sanchez
Fouad Sawaya

Staci
Schanep

Susan
Schiebert

Ray Schleger

Tiffany
Schmidt

Janet
Schnitzler

Mary Kay
Schuh

Cynthia
Schuller

David Schulte



OCTD Loses Popularity To New Wheels

Transportation played a large role in senior life as the older students traveled in the comparative privacy of their own vehicles. Student parking dominated many conversations. The school incorporated a sticker system whereby only students with Capo Valley bumper stickers were allowed to park in the student parking lot. There were those individuals who parked along Via Escolar

motoring with style

out of desperation. Students new to the strategy of parallel parking on the hill found themselves curb side with a fire hydrant and lengthy discussions at home as to responsibility. But usually students were aware of police and school official tactics in preserving the speed limit and other observances of the law. From speedy roadsters to oversized sedans students sped to school in the race for space. Cars in general were important to student and social life, chronicling the independence and responsibility of the growing adolescent.



1. Late to school as usual, **Ken Romo** puts on his shoes and finishes breakfast at the last minute. 2. Trying to talk **Marci** into getting a ride home, **Jackie** looks at the camera in disappointment. 3. The Marine that drove his car to school forgot the war was over.



STATUS QUOTES

"Nothing ever happens at this school except that guy's M.G. almost blew up!"

TODD STUBBLER



Jackie
Screeton

Don Sedgwick

Lisa Sekeris

Robert Servas



Maribeth
Sexton

Steve Shaugh-
nessey

Robert Shaver

Virginia
Sherburne



Ron
Silverthorne

Sue Simko

Coleen Smith

Corinne Smith

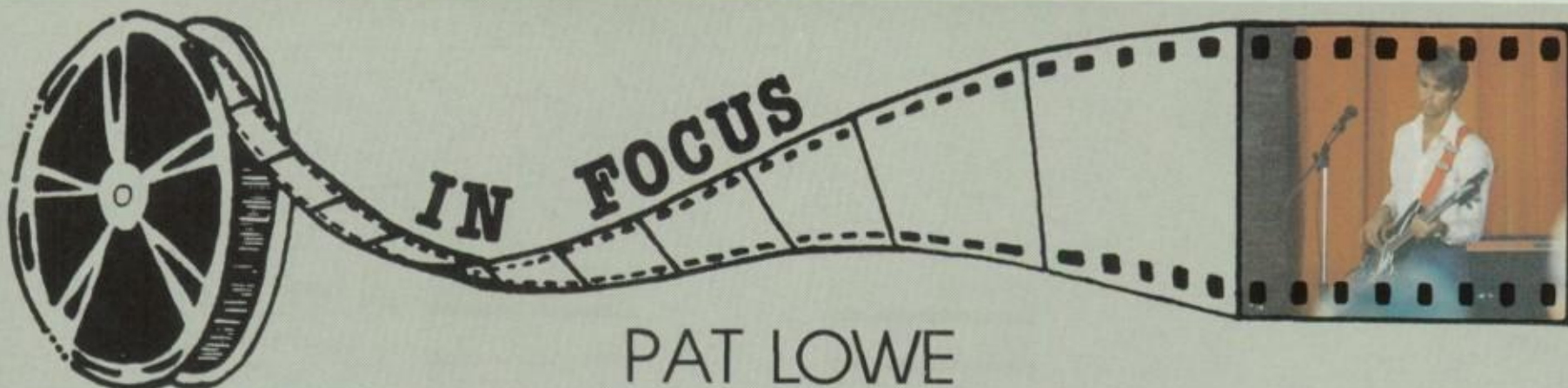


Dana Smith

Peter Smith

Sherri Smith

Jane Smits



PAT LOWE

Bass guitar player Pat Lowe would like to accomplish one goal — success. Pat's main interest is in his band, "Agency," which performs once a week at dances, parties, talent shows, and fraternities. When not performing, Pat is usually practicing or teaching bass guitar lessons. Besides playing for "Agency," he also plays for Jazz Band, Marching Band, Camerata, and



the Cougar based "Grease Rats." Pat belongs to a health club, lifting weights, playing racquetball, swimming, and running a mile or two. Pat travels a lot with various school clubs such as Shutterbug, and Marine Ecology. He is also involved in Pep Club, cheering excessively at games and rallies. His musical talents are evident and it is obvious his goal is within sight.

Dori Smuckler

Kim Snow

Genese
Sodikoff

Judy Sotelo



Matt Soto

Rick Spooner

Steve Spriet

Christine
Sprinkle



Jeff Sprouse

Jamie Stafford

Sean Stead

David Stearn

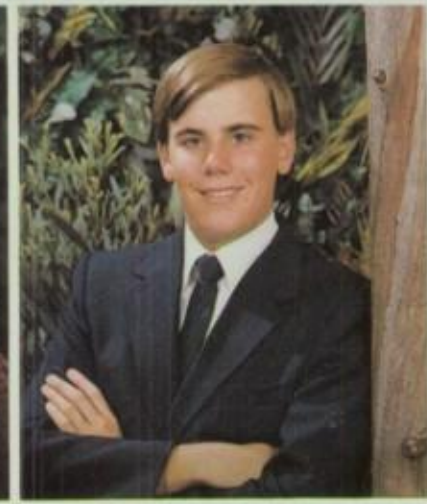


COUGAR CHUCKLES



Catherine
Stelman

Jill Stember



Debbie
Sterzenbach

Milan Steyn

Traci Strain

Stan Stratton



Kristen Streed

Todd Stubbler

• Sonja
Suffridge

Stan Sung



Petra
Swander

Mila Swartout

Colleen
Sweeney

Diane
Swenson



1. Resting casually on the fence, **Jeff LaRusso** watches the football game. 2. Attempting to portray a debonair look, **Rick Bellis** and **Doug Grover** expose their true identity. 3. Lost in thought **Mila Swartout** tries to reach the Colonel's class before the door is locked.

STATUS QUOTES

"Friends are supporting and helpful, sometimes I don't know what I'd do without them." *CHRIS CHAVEZ*

Karen Sykes

Leon Tan

Jeff Theders

Brad Thomas

Garrick
Thomason

Becky
Thompson

Kevin
Thompson

Russell
Thompson

Mark
Thorndyke

Andrea
Tomich

Scott
Townsend

Jeff Trueman

Eric Tucker

Karen Tucker

Donny Turton

Salvador Uribe





Edward Ursino

Dawn
Utterback

John Vater

Stephanie
Vaughn



Anshu
Vidyarthi

Mark Vigil

Christina
Wallace

Steve Ward



Friendships Bond The Seniors

Along with the trials presented by high school, friendships continued to flourish, reducing anguish and anxiety. Whether it was a piece of good advice or just having a good time, students thwarted the tribulations with friends and their support. The class of '83 faced the challenge of sticking together, establishing friendships that would last

forever friends

beyond graduation. Lasting friendships were cemented throughout the school calendar, during difficult times when desperation cried out for help. Graduation meant relying on pals for personal back-ups as the year boiled away in a hectic, flustering week of final exams. Strong ties bolstered confidence, permitting each individual to express himself and receive support for actions and statements boldly separating the various personalities from one another. Such friendships will be remembered and respected as the high school ends and reality begins.

1. **Andrea Tomich** and **Lisa Sekeris** congratulate each other on their weekend accomplishments. 2. Watching a few rays between classes, **Andrea Quintana** and **Stephanie Sanchez** continue their busy schedule. 3. **Michelle Kaufman** queries **Jeff Theder's** remarks on Women's Rights.



Looking Ahead

Don Warnes



Shannon
Watson



Troy Watson



William Weeks



Jack
Weinrauch



Lisa Wen



Tony White



Cynthia
Wilczek



Christine
Wilhelm



Liz Wortman



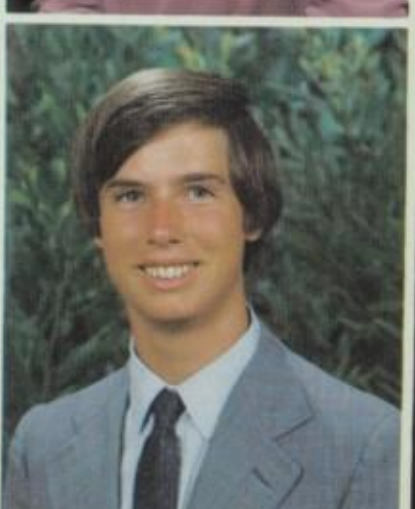
David Zeller



Jackie Zierys

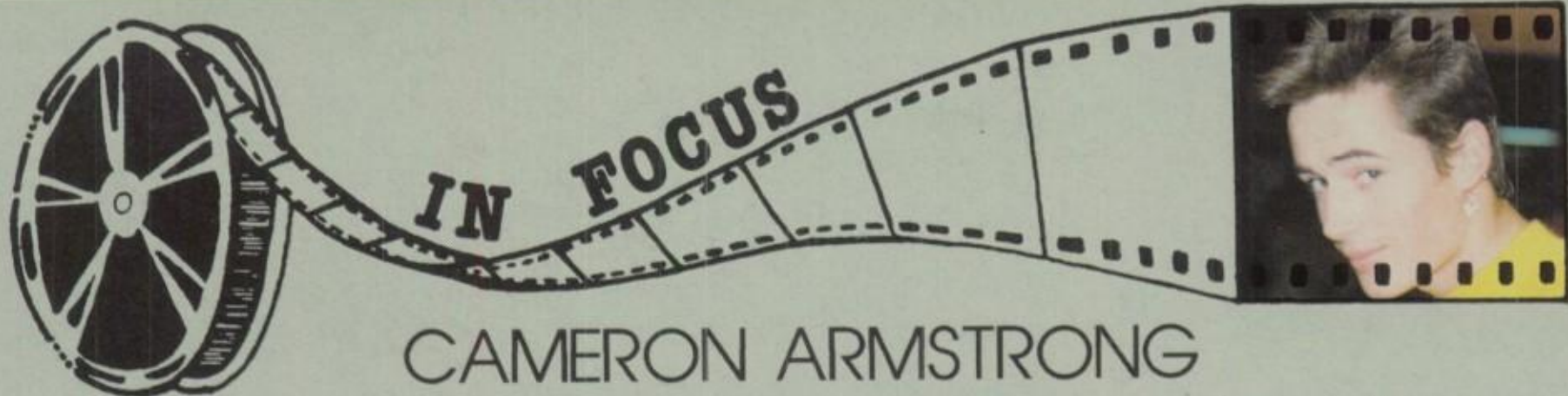


Mike Zintl



1. Pep commissioner **Stephanie Catino** concentrates on arousing the crowd during a pep assembly. 2. Enjoying a laugh with friends, **Alison Rhee** relaxes at lunch. 3. Taken by surprise **Kristen Streed** and **Laurie Miller** glance towards the camera.





CAMERON ARMSTRONG

The voice of Cameron Armstrong is definitely one to be heard. His opinions concerning school and life prescribe headstrong individualism. In his four years of high school Cameron has kept up a high grade point average, which he hopes will allow him to attend UCLA. "I like to argue" states Cameron, "I like to watch people scramble for an explanation and hear their



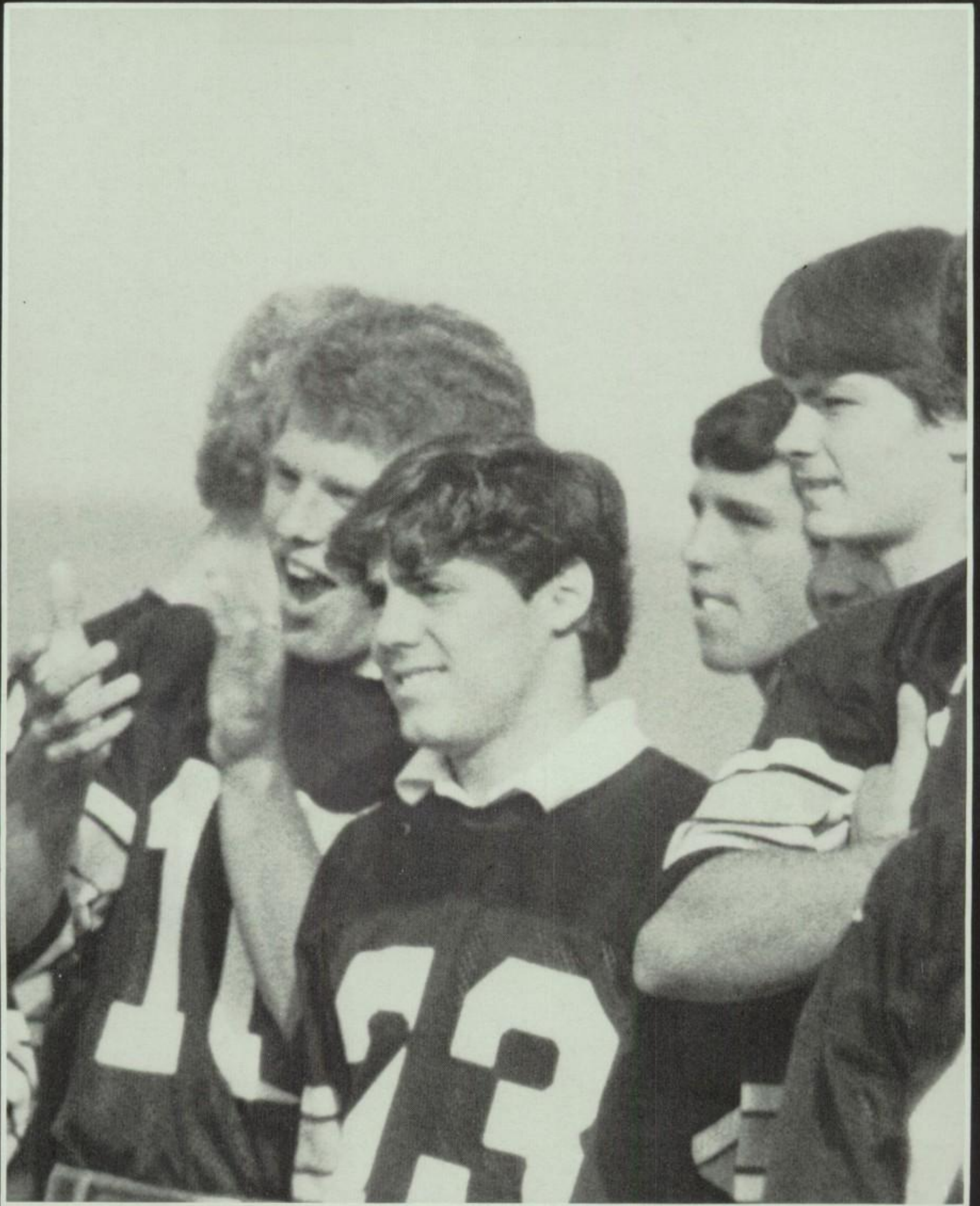
points of view". He hopes to study law and become a lawyer in the future. His after school job takes a lot of his spare time, so activity is minimal. But, Cameron enjoys a challenge, he states, "In today's society there is a struggle only for pleasure and that bores me". Instead Cameron finds enjoyment in situations that demand skill and intelligence.

QUOTATION MARKS





class of 1984



juniors

Capistrano Valley juniors grew in spirit and leadership as the excitement of the school year drew to a close. Class president Amy Chaska and her cabinet planned many a thrilling event for its students. Juniors exhibited skill and talent, tackling the rigorous workload presented by Capo Valley's academic pro-

gram. Their eminence in being "Supreme Seniors" was evidenced by their leadership and guidance which was important to the students who would soon be graduating. No longer able to dodge course curricula the juniors were both serious and studious, planning their futures with deter-

mination. Juniors supplied the school with enthusiasm; their sports as well as their scholastic performance was characterized by a strong sense of accomplishment. As the next graduating class from Capo Valley, the juniors worked long and hard to earn their reputation.



1. Expressing Cougar pride are **Burt Call**, **Steve Gallo**, **Mark Vigil** and **Jeff Kuss** as they join with Mr. Hoffman in pep rally cheers. 2. Making her way from the portables **Kelly Hisel** enters the main building to watch the Friday pep rally. 3. Sharing their lunch together, **Kevin Gardner** and **Katy Noel** socialize with their friends in the mall. 4. **JUNIOR CLASS OFFICERS:** Front row - Cindy Olson, Gini Cox, Amy Chaska; Back row - Kelley Sive, Missy Luebke, Lisa Garrod

Aguilar, Miguel
Ahern, Matt
Ahlers, Krista



Akerson, Nick
Alejo, Henry
Allen, Mike

CRAZY CATS

Arnerich, Lisa
Atcha, Shehnaz
Atkinson, Keith



Avalos, John
Baldwin, Kristin
Ball, Trisha
Ballard, Mike



Balsis, Mike
Bannon, Kristin
Barillaro, Claudia
Bartle, Chris



Bartlett,
Andranette
Bastien,
Veronica
Baughman,
Robert
Beas, Angelica



Bell, John
Beltnick, Brad
Bendel, Gregory
Bennett, David



Bertram, Lisa
Bickerstaff, Angel
Bingham, Brady
Birtles, Paula





Bishop, Doug
Blair, Gina
Boessler, Shelly
Borchardt, Dan
Boyd, Chris
Boyd, Jeff

Bramwell, James
Brown, Ken
Brown, Laura
Brull, Chris
Buchanan, Kelly
Bulsombut, Julie

Burch, Jennifer
Burns, Robert
Busby, Mary
Butts, Susan
Cafferty, Mike
Cain, Sherry



"The Junior Class of 1984 is just one step beyond."
Scott Glassman

1. Relaxing after a CV pep rally, **Allison McKeever** ponders over upcoming classes of the day. 2. Enjoying the free time in class, **Robert Madera** laughs through the conversation with friends. 3. Spirit Week was a perfect opportunity for the Junior class to display their creative posters. 4. Enthusiastic **Kelley Webster** and **Lisa Arnerich** imitate each other on Twins Day.



Call, Burt
Campbell, Melinda
Capilato, Anita
Caporaso, Marc

Carlson, Cynthia
Carter, Bill
Casillas, Shawn
Casper, Bill

Cassidy, Traci
Castorino, Michelle
Cataldo, Gina
Chacon, Elsa

Chapin, Ted
Chase, Brent
Chaska, Amy
Chinnery, Anita

Chong, Merideth
Cisowski, Mark
Clark, Michelle
Cobb, Matt



Colonnese, Troy
Conrad, Kurt
Corpe, Albert
Cortese, Joanna



Cosbey, Lisa
Couey, Steve
Cover, Ann
Cox, Virginia



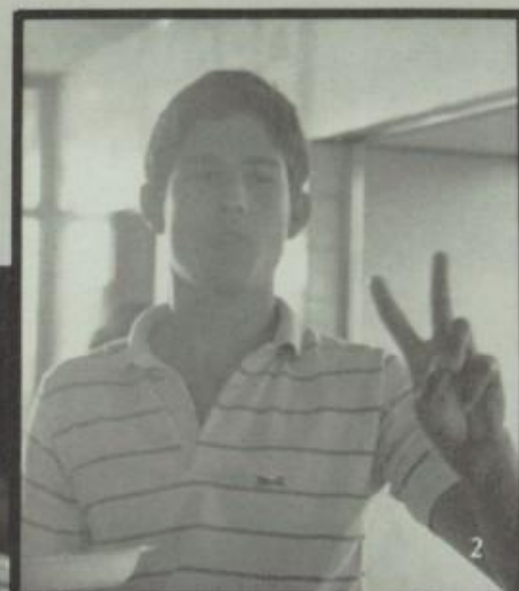
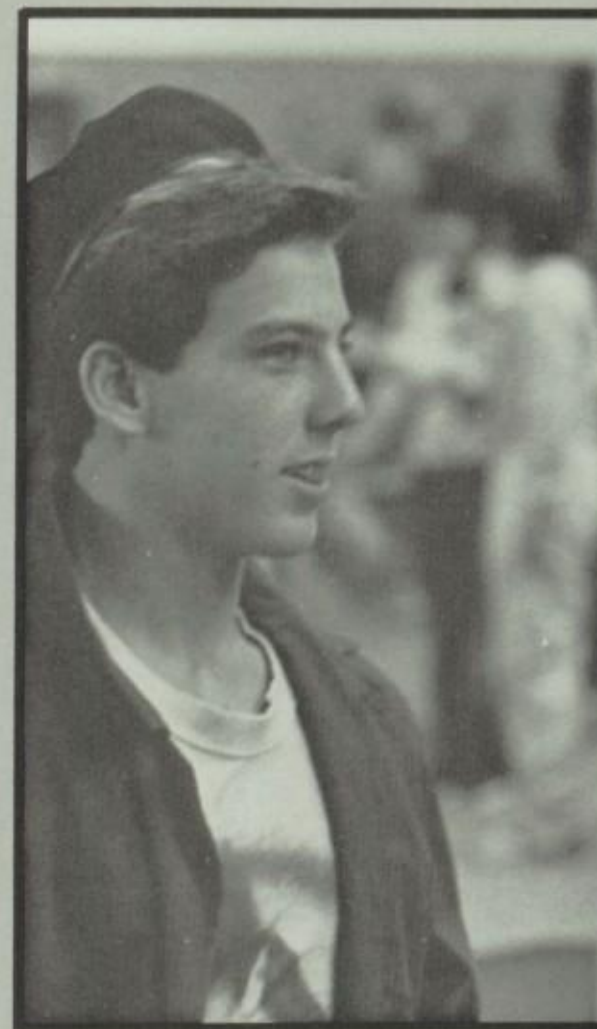
Craig, Jennelle
Crail, Scott
Creber, Michael
Croy, Ben



Crumpler, Polly
Cummings, Vance
Curr, Vicki
Dahm, Anthony



D'Antony, Monica
Davey, Michelle
Day, Leslie



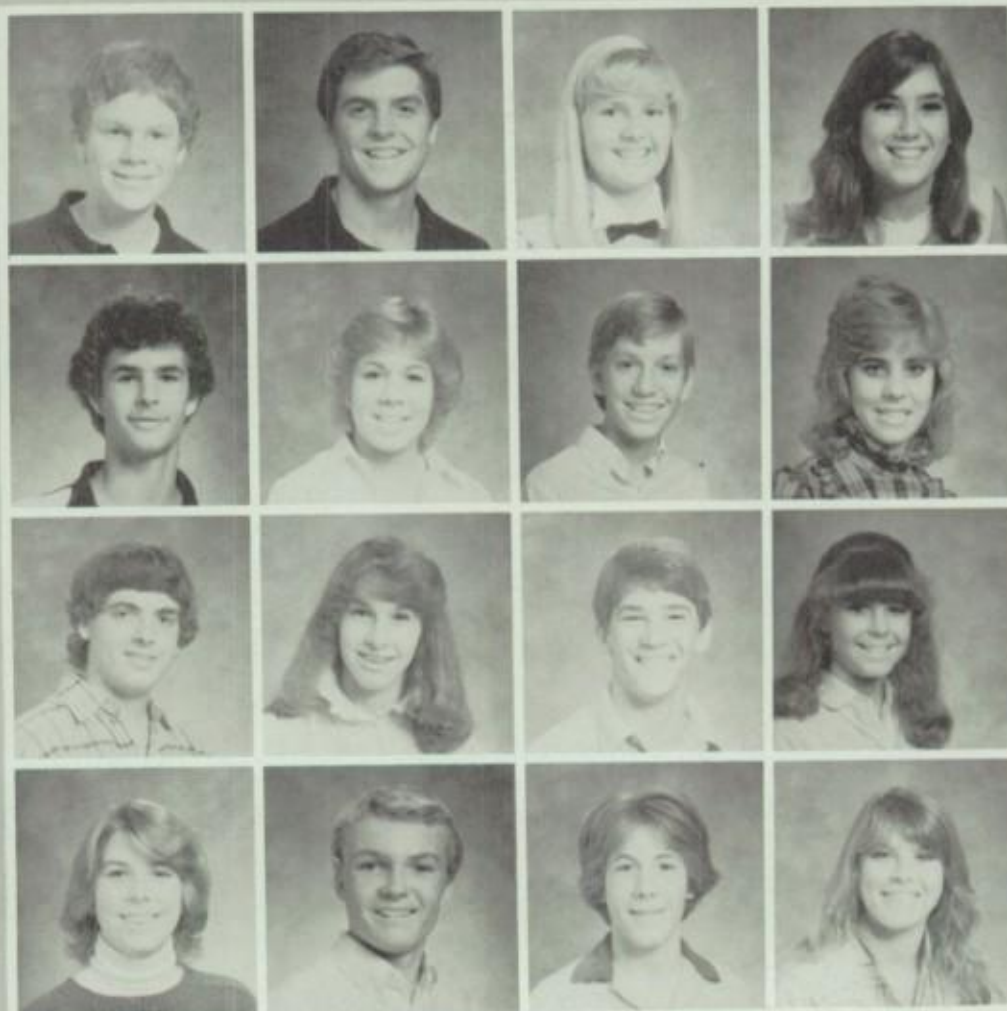
MERRY MEMORIES

Dean, Robert
Deeley, Michelle
Demsey, Julie



Dillon, Rick
Dimas, Michelle
Dingus, Bo





Dobkins, Jeff
Dodd, Bill
Donley, Rebecca
Doolin, Danielle

Dornseif, Bob
Doughman,
Crystal
Drazil, Greg
Driskill, Deena

Duncan, Dennis
Dupere, Kim
Durham, Kyle
Eckel, Evelyn

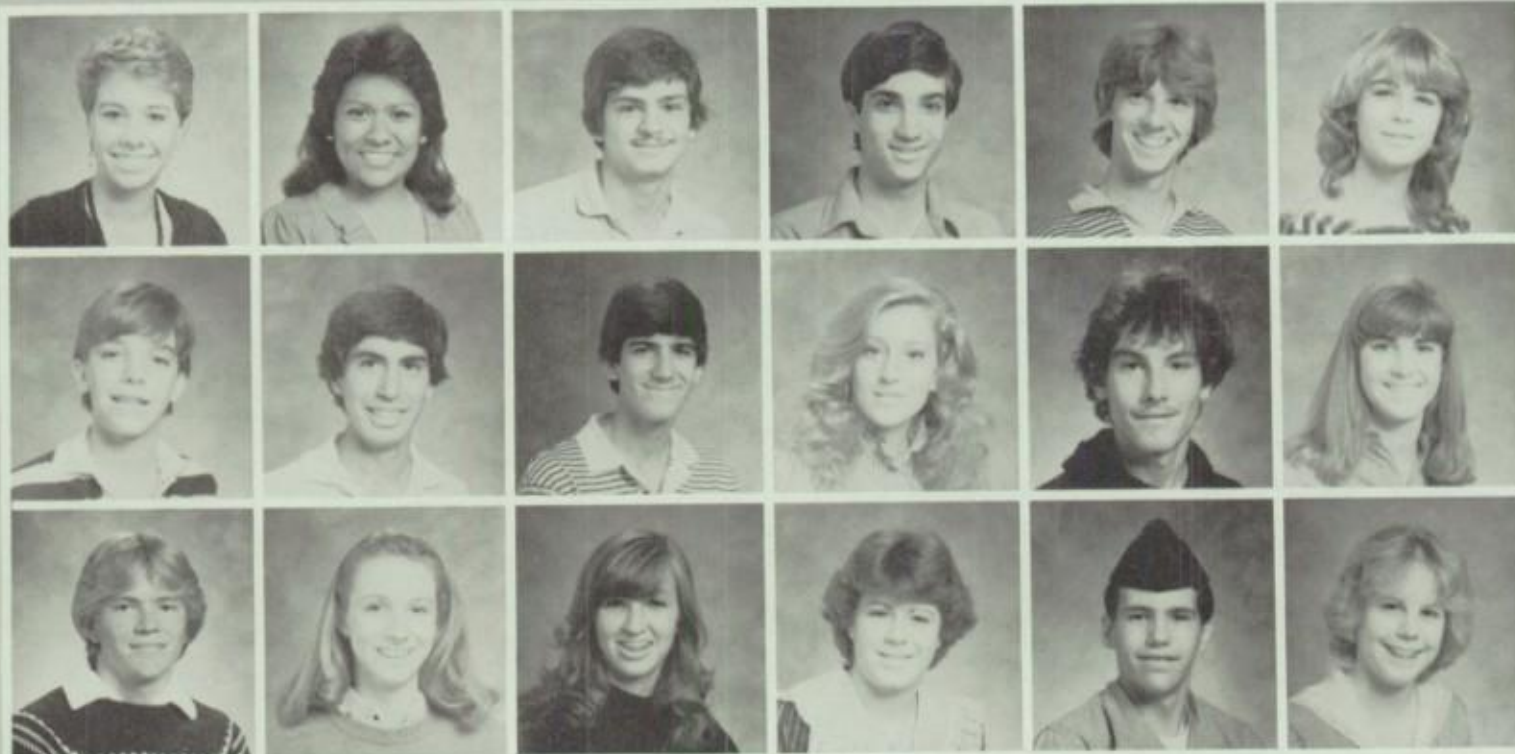
Edwards, Kim
Ehlers, Gary
Elliott, Kevin
Ellis, Teri



1. Having fun on Halloween, **Scott Glassman** and **Rob Frias** compare notes on the styles of the year. 2. In lunch A **Rob Schneider** is elated he's getting his picture taken as he displays his everyday symbol of his age. 3. Enjoying free time this Junior buch discusses class notes for the up and coming exam. 4. A quick snooze before the next class finds **John Avalos** an opportune resting spot.

"The class of '84 will live in my heart forever."

Lisa Garrod



Englert, Kelly
Escandon,
Angela
Escutia, Jimmy
Esposito, Bernie
Evert, Brian
Falabella, Dana

Farley, Jack
Fematt, Eddie
Ferguson, Bruce
Ferguson,
Heather
Ferguson, Jeff
Ferrara, Jennifer

Fite, David
Fitzpatrick,
Kathleen
Flannery, Monica
Foley, Kelly
Fowler, Mike
French, Valerie

Fulbright, Debbie
Gallo, Stephen
Galpin, Brian



Garcia, Bill
Garcia, Patricia
Gardarian, Leo



DAPPER DREAMERS

Garrett, Bret
Garriepy,
Theresa
Garrod, Lisa



Gates, Tom
Gerard, Rodd
Gerhardt, Barry
Gerry, Brian



Getic, Keith
Gibson, Lorina
Glanz, Debbie
Glassman, Scott



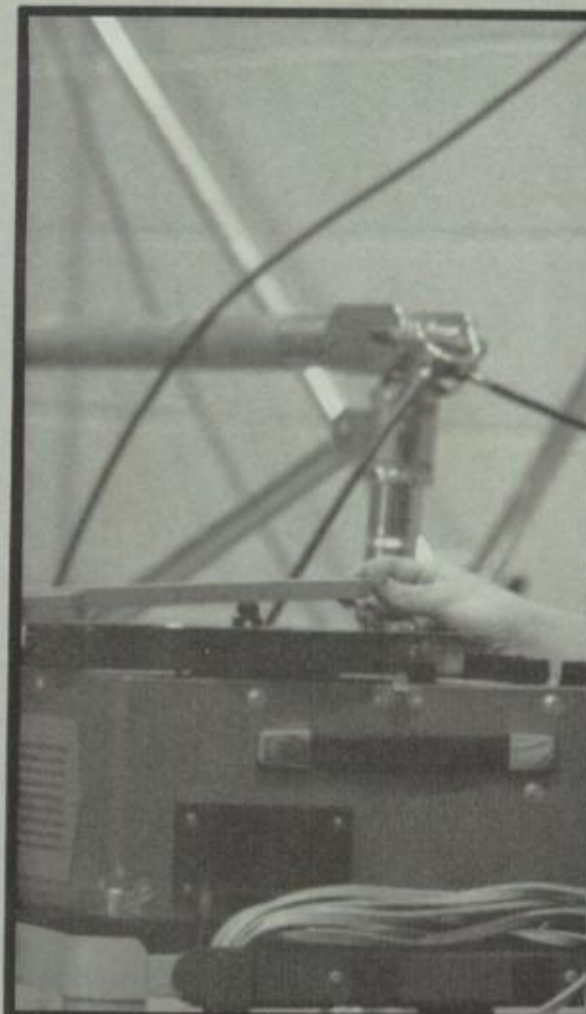
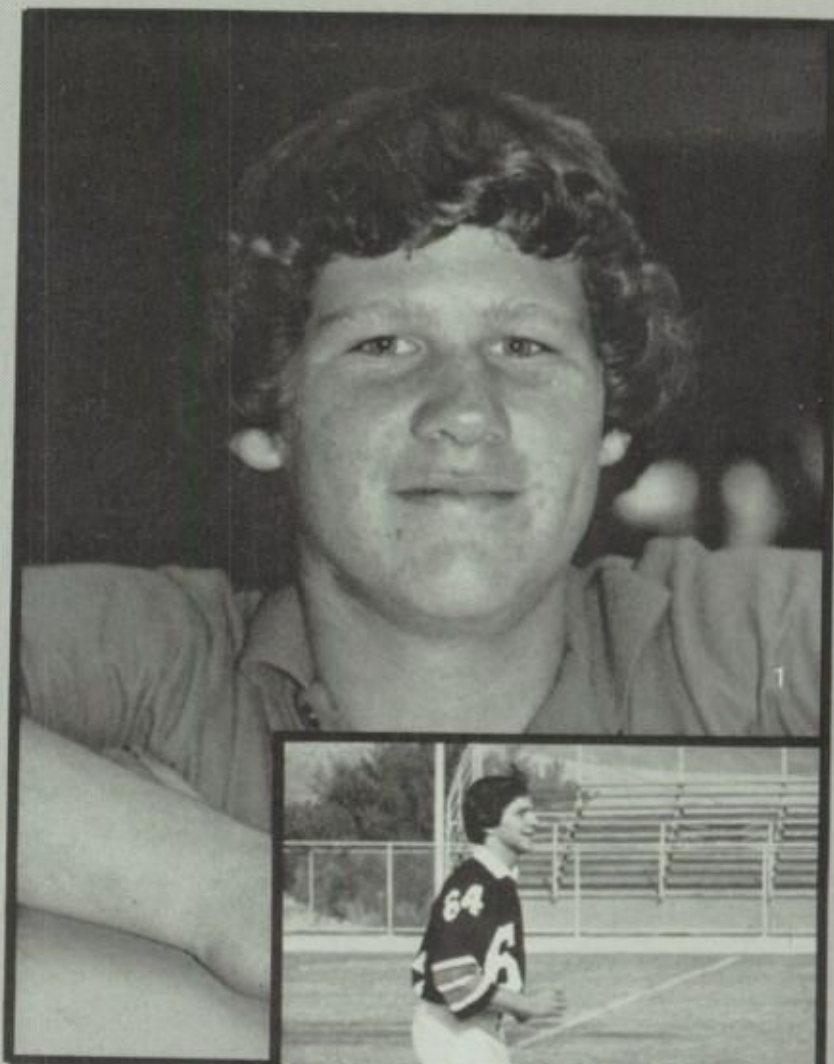
Glossbrenner,
John
Goossens, Jeff
Gosse, Stephen
Gotch, Jennifer

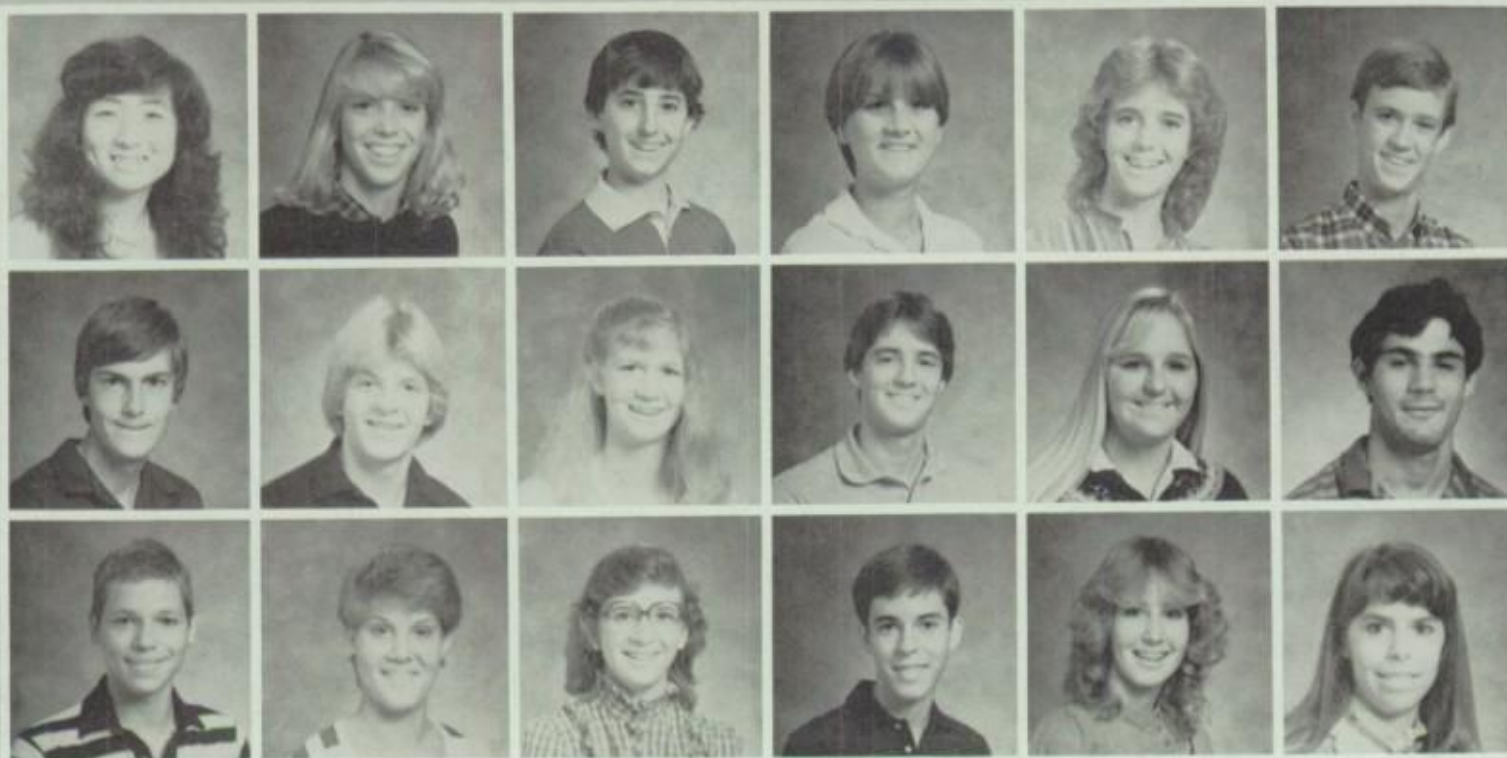


Gould, Robert
Grace, Bill
Gray, Jennifer
Greathead,
Tracy



Greek, Tiffany
Griffiths, Stacy
Grimes, Kelly
Gullett, Michelle





Han, Caroline
Hanna, Julie
Hansen, Scott
Harcarik, Wendy
Hardy, Michelle
Hargrove, Steve

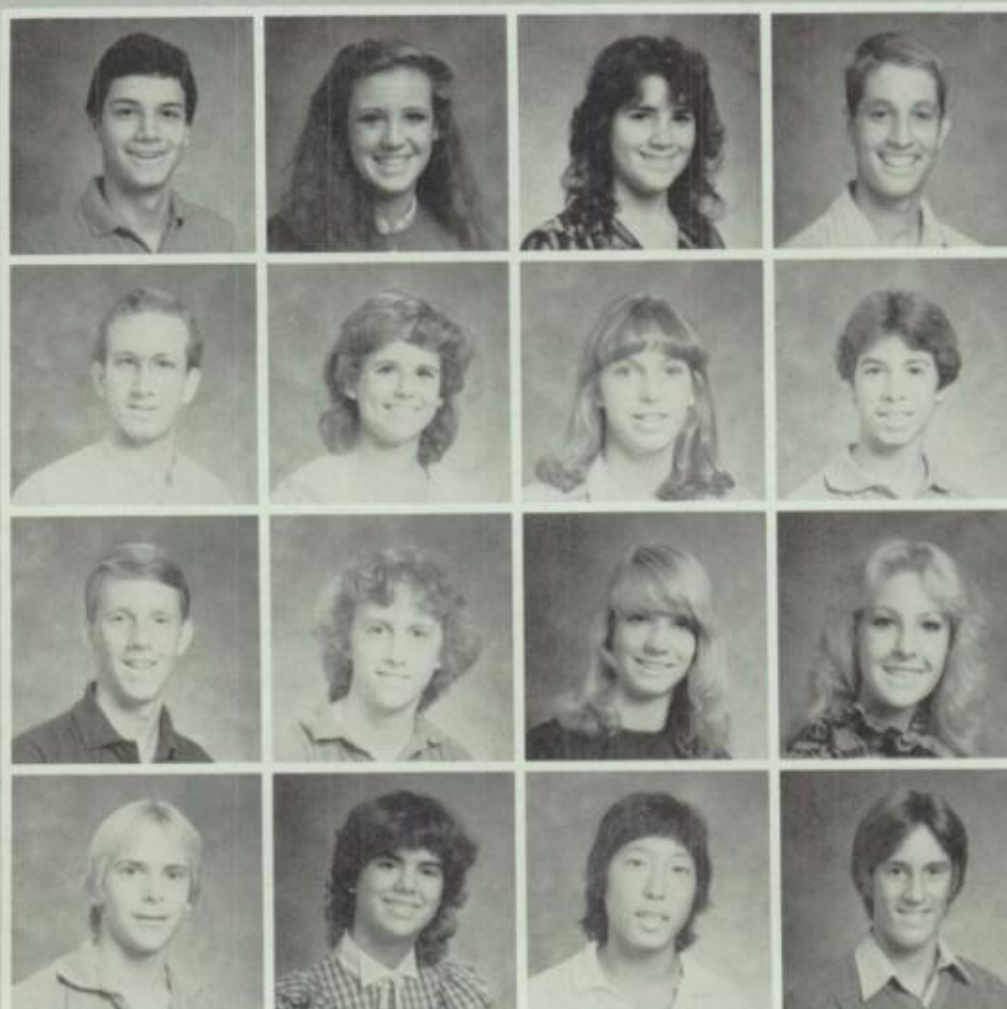
Hart, Russell
Haubert, Dennis
Haven, Kellie
Hayes, Jim
Hayes, Mary
Shannon
Hearne, Scott

Heiman, John
Heller, Michelle
Hendrixson, Lisa
Henley, Steven
Hennings,
Kimberly
Herren, Melinda



"The Junior football team has great potential and will probably make C.I.F." Kurt Lotero

1. Hanging on the mall lockers **Jeff Peterson** observes the lunch time activities. 2. Trotting toward his teammates, **Rodd Gerard** is introduced at a pep rally. 3. After warming up **Julie Rivier** prepares to begin her special dance routine. 4. Auto students hard at work trying to put the ole '49 back together again.



Herrera, George
Hewitt, Lara
Hill, Kim
Hill, Scott

Himmel, Rick
Hisel, Kelly
Hoag, Jane
Hoglund, Dan

Holder, Arnie
Holdt, Derek
Holleran, Jill
Holmes, Heather

Holmes, Henry
Holt, Cynthia
Hong, John
Hosler, Doug

Houldin, John
Huber, Lorraine
Huddleston,
Paloma
Hulse, Jerry



Hundsdoerfer,
Lisa
Hunter, Carolyn
Hutchings, Shelly
Jabara, Sana



Jackson, Dawn
Jacobsen, Chris
Jacobson, Maris
Jaime, Artemio



Jent, Angela
Jimenez, Diana
Johns, Greg
Johnson, Paul



Jones, Chris
Jones, Gwen
Jones, Jennifer
Jones, Matthew



Katsumata,
Michelle
Keenan,
Maureen
Kellogg, Sharon

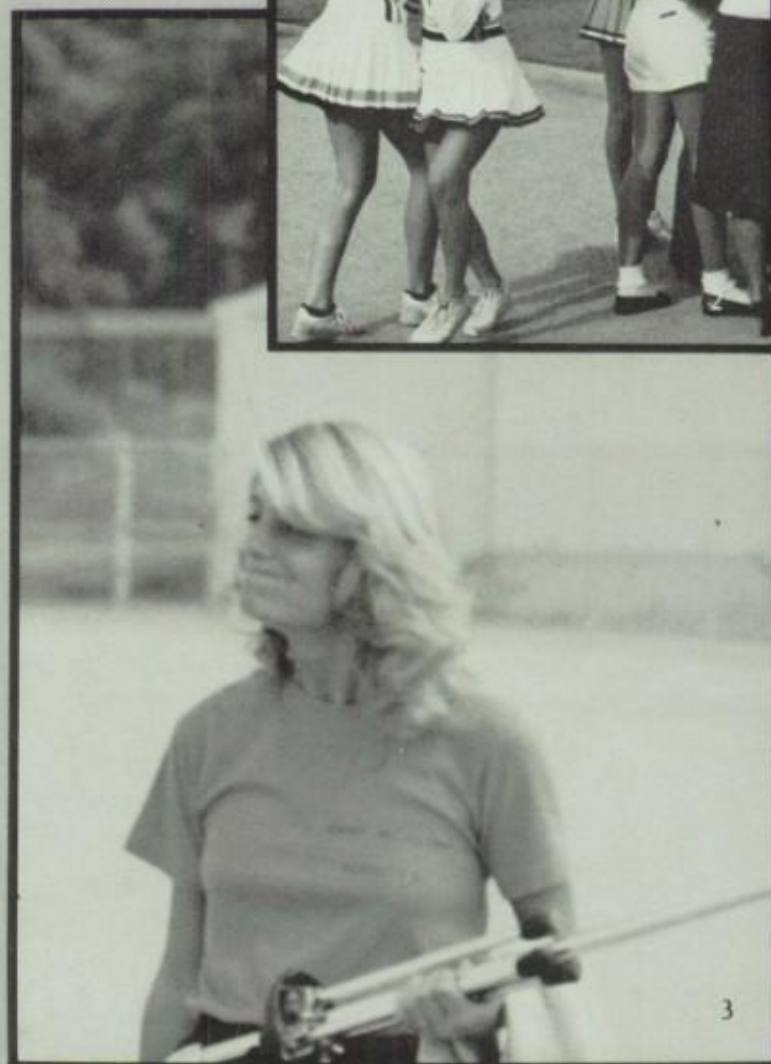


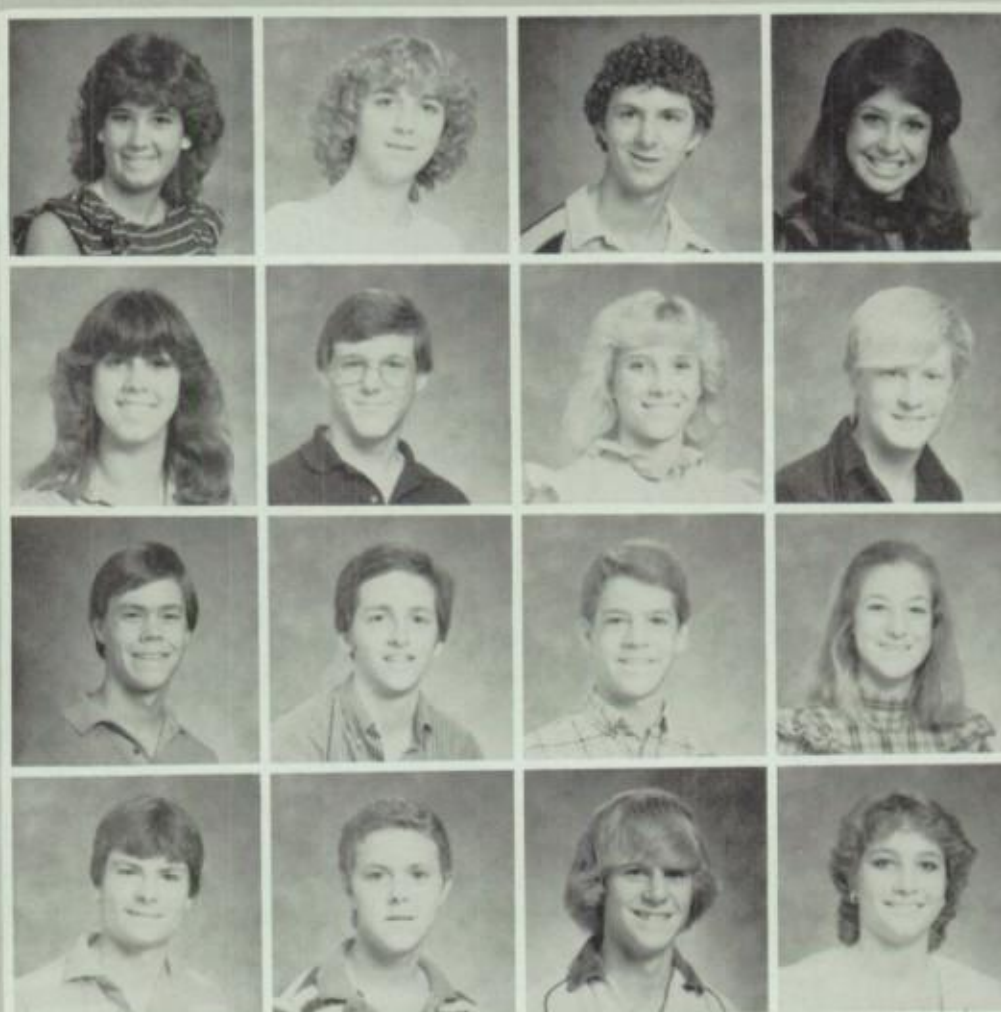
PEPPY PREPPIES

Kenyon, Eric
Kian, Josie
Killelea, John



Kinard, Michael
King, Dean
Kinoshita, Roger





Kittle, Theresa
Klinger, Melissa
Knep, Robert
Koch, Karen

Koczela, Michelle
Koons, Geoffrey
Korbonski, Anna
Kortz, Mike

Kranig, Bradley
Krause, Scott
Kummerfeldt,
Darren
Kurtz, Nancy

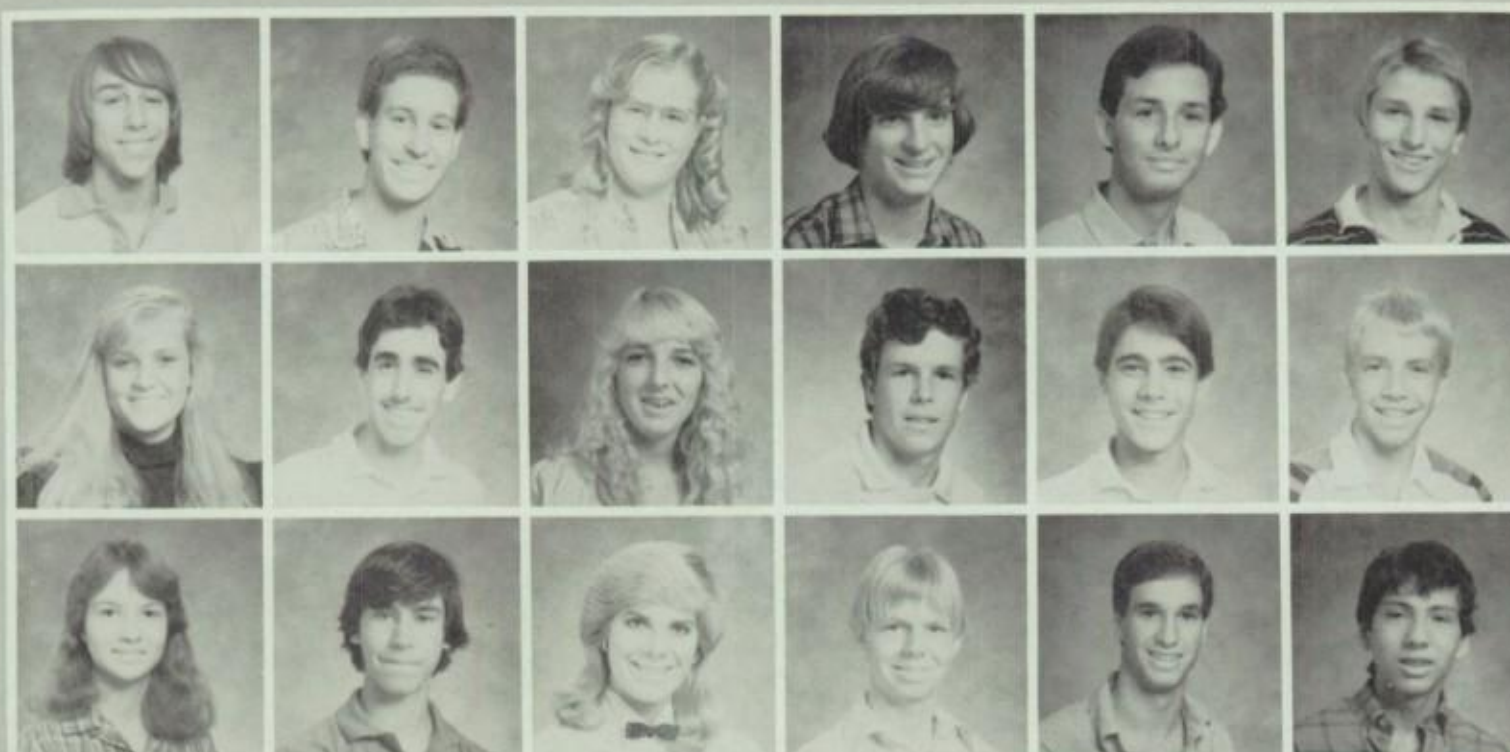
Kuss, Jeffrey
Langbridge, Alec
Lapham, Mike
Laughter, Donna



1. Sitting around during lunch these "brace-free" smiles flash their pearly whites. 2. Congratulating each other, these spirit promoters show their excitement as their names are announced as homecoming candidates. 3. After the pep rally, **Jenny McGlone** campuses the area and collects vital pep rally equipment. 4. Elation is evident on the face of **Shari Price** as her name is announced as a nominee in the upcoming homecoming court elections.

"Our Junior year is only a part of what you're going to see in '84."

Lisa Vargo & Amy Chaska



Lawson, Mickey
Lee, Greg
Lenhart, Martha
Leonard, Peter
Lepatner, Steve
Leseth, James

Letzkus, Leanne
Leventhal, Mike
Leydekkers,
Jane
Lindstrom, Doug
Linn, Duane
Lockard, Michael

Lockareff, Diane
Loterio, Kurt
Luebke, Melissa
Lyons, Jeff
Madera, Robert
Madrid, Andrew

Magyar, Robert
Malagon, Chris
Mandel, Wendy



Markel, Greg
Marks, Shari
Marshall, John

LIVELY LAUGHTER

Martino,
Shawwna
Mask, Jonathan
Maul, Sonja



Mayne, Michael
McClure, Chris
McFarland,
Kelley
McGill, Holly



McGlone,
Jennifer
McKeever,
Allison
McKinley, Rita
McLaughlin,
Jeffrey



McLemore, Larry
Medina, Maria
Meidell, Kristin
Mello, Lisa



Messer, Bill
Messina, Silvia
Miller, Heidi
Miller, Lori



Miller, William
Miner, Lisa
Mitton, Kathy
Moffat, Soozie





Molina, Martin
Morris, Mark
Moss, John
Moya, Gina
Moyer, Shelly
Munson, Derek

Naziri, Anita
Neely, Jonathan
Nelson, Laura
Nguyen, Mai
Niblo, Fred
Norbraten,
Suzanne

Nordman, Dana
Novarr, Karen
Nutting, John
O'Gara, Sheri
Ohmer, Michael
Ollivier, Scott



"I like being a junior because it means my senior year is just around the corner."

Vicki Curr

1. Smiling **Laura Hewitt** laughs at her peers on stage during EP activities. 2. Watching the JV football game **Julie Hanna** hopes the Cougars go all the way for a touchdown. 3. These enthusiastic pep supporters eagerly look on as the CV Varsity football team is announced for the big homecoming game. 4. **Julie Rivier** listens intently as her friends share a juicy bit of gossip.



Olson, Cindy
Olson, Robin
Orcutt, Shannon
Orlando, Lori

Osborn, Brad
Osorio, Mario
Otta, Mark
Owen, Eric

Page, Holly
Parker, Randall
Parker, Sharon
Parrott, Brian

Parsons, Janis
Peterson, Jeffrey
Peterson, Kerri
Pino, Maria

Polini, Michael
Poon, Henry
Porter, Holly
Prado, Frank



Price, Shari
Profant, Jacquelyn
Propeck, Matt
Prufer, Jeffrey



Pucci, Ken
Puchi, Steve
Rapp, Michael
Rashidi-Fard, Arghavan



Rausch, Natalie
Razee, Jerry
Regan, Matt
Reyburne, Tracey



Ridill, Bruce
Rigdon, Doug
Rivier, Julie
Robinson, David

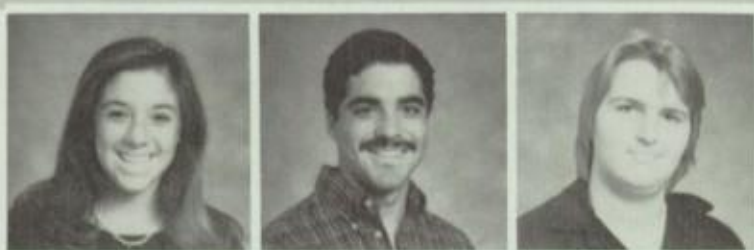


Robinson, Patricia
Rodriguez, Raul
Rogers, James

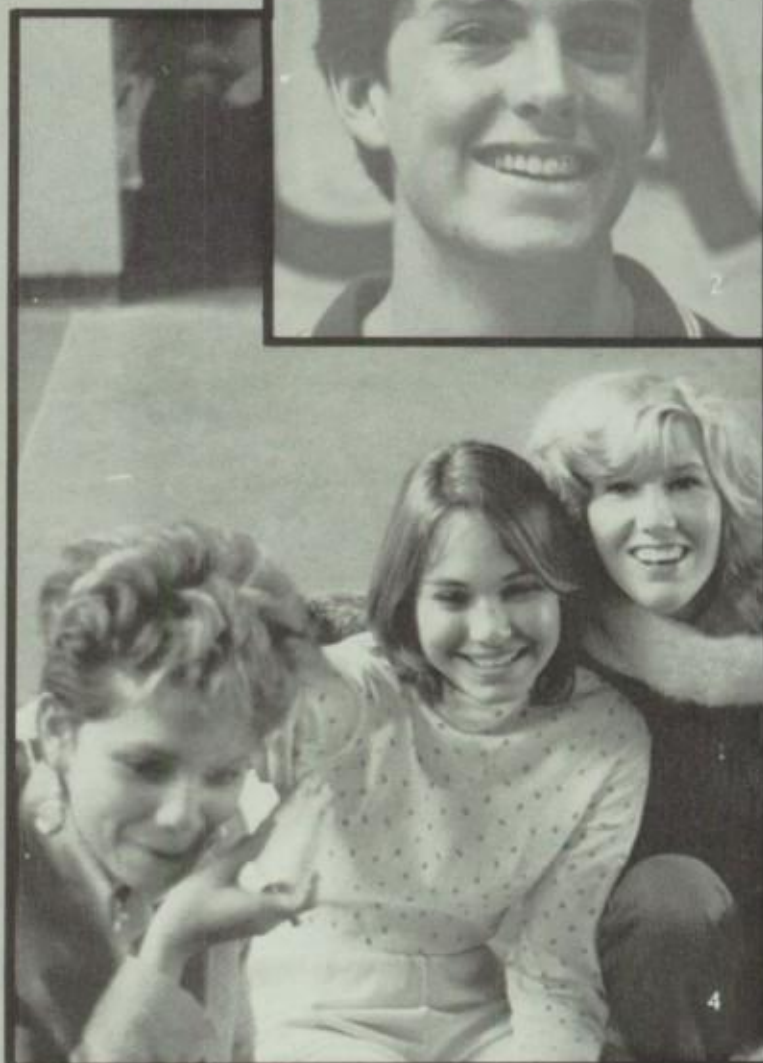


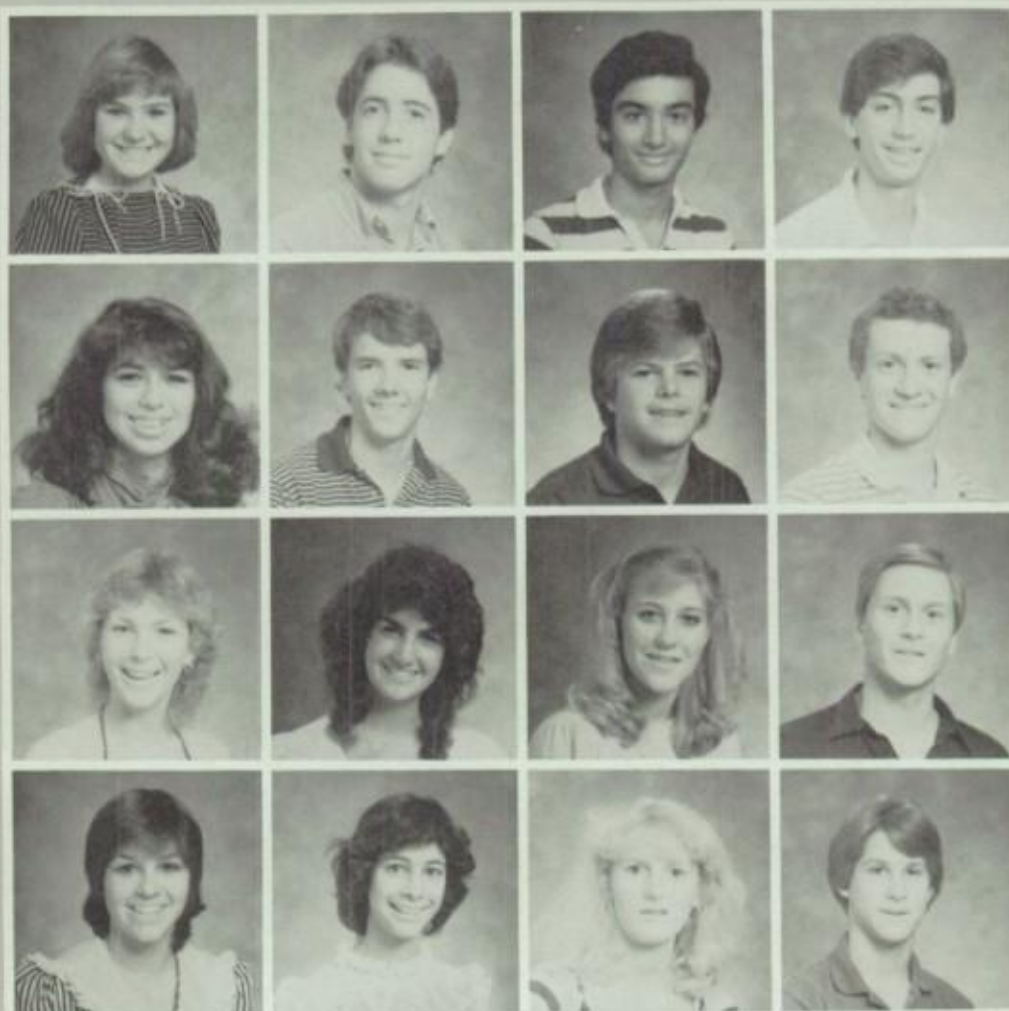
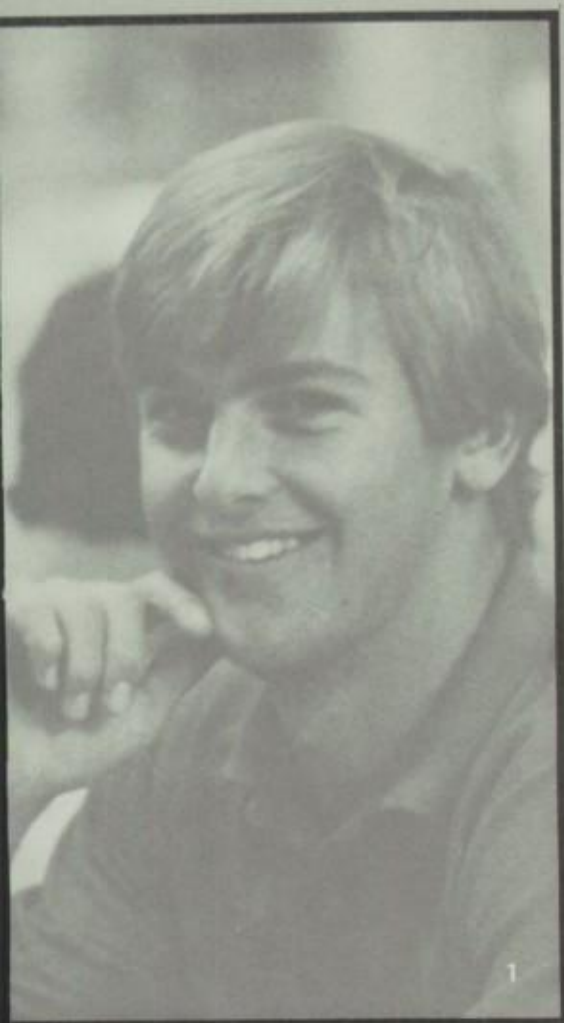
SPARKLING SMILES

Romano, Alisson
Rosales, Oscar
Rosenthal, John



Rufino, Christine
Ruiz, Maria
Russell, Susie





Ryan, Elizabeth
Ryan, Joe
Saadai, Babak
Saba, Gami

Salas, Ana
Saman, Robert
Sampson, Ray
Saunders, Tagg

Schluntz, Tamara
Schuhmann,
Leann
Schulle, Joanne
Schulte, Jim

Sexton, Christina
Shah, Sonali
Shale, Linda
Shapiro, Adam



1. After a spirited pep rally **Kerri Peterson** talks to **Steve Skupien** about the up coming events. 2. Smiling to a fellow classmate **Rick** goes to his next class. 3. Giving each other hugs, **Jane Wells** congratulates **Rodd Gerard** on a well played game. 4. During lunch these juniors laugh at the noontime antics.

"We are a profound group who will achieve amazing heights in life."

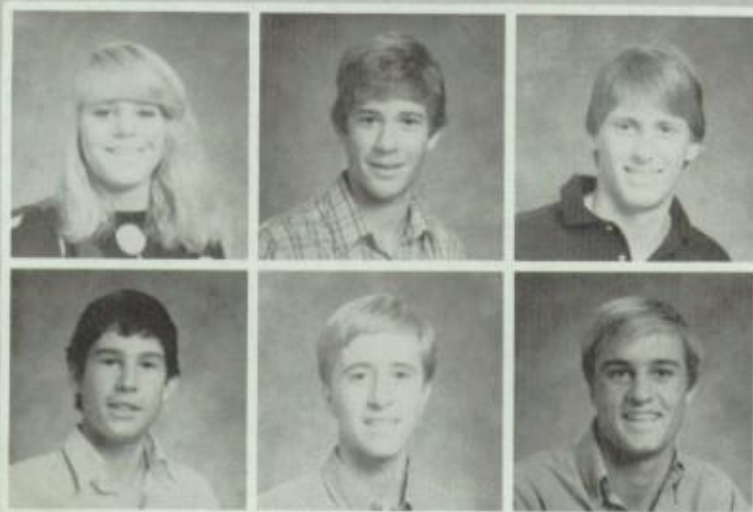
Shehnez Atcha



Shelton, John
Shenasi, Moni
Sherman, Jeffrey
Shindler, Bob
Shoemaker,
Elizabeth
Shyp, Thomas
Sierra, Rayo
Sive, Kelly
Skousen
Rebecca
Skupien, Stephen
Stemmons,
Catherine
Stoot, Scott

Smith, Chandler
Smith, Christine
Smith, David
Smith, Doug
Smith, Larry
Smith, Michele

Smith, Suzanne
Smith, Tom
Snow, Eric



Snyder, Robert
Sokol, Scott
Steinke, Kelly

FABULOUS FUTURES

Steinwender,
Scott
Sterzenbach,
Rob
Stetter, Kenny



Stevens, Carol
Stone, Aaron
Stone, Joe
Stovall, Chris



Straight, Eric
Stuback, Jodi
Stucky, Tim
Taber, Kim



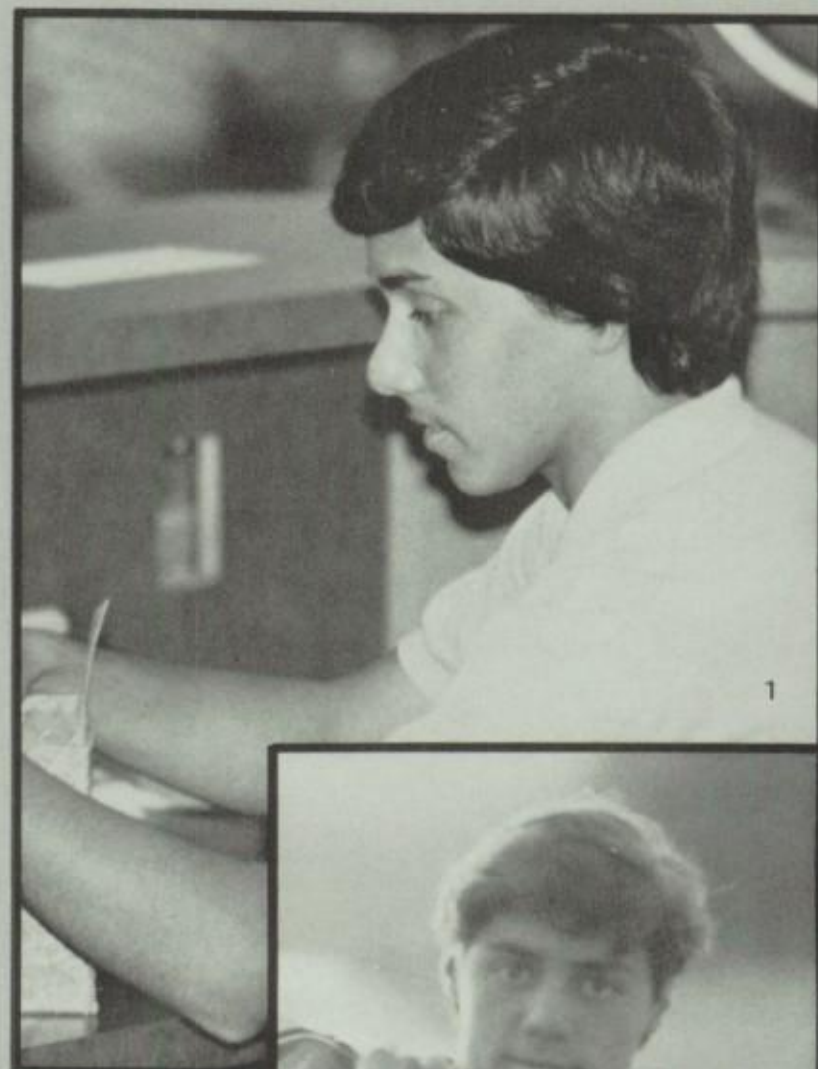
Talbott, Mike
Taylor, Jennifer
Terranova,
Denise
Thibedeau, Todd

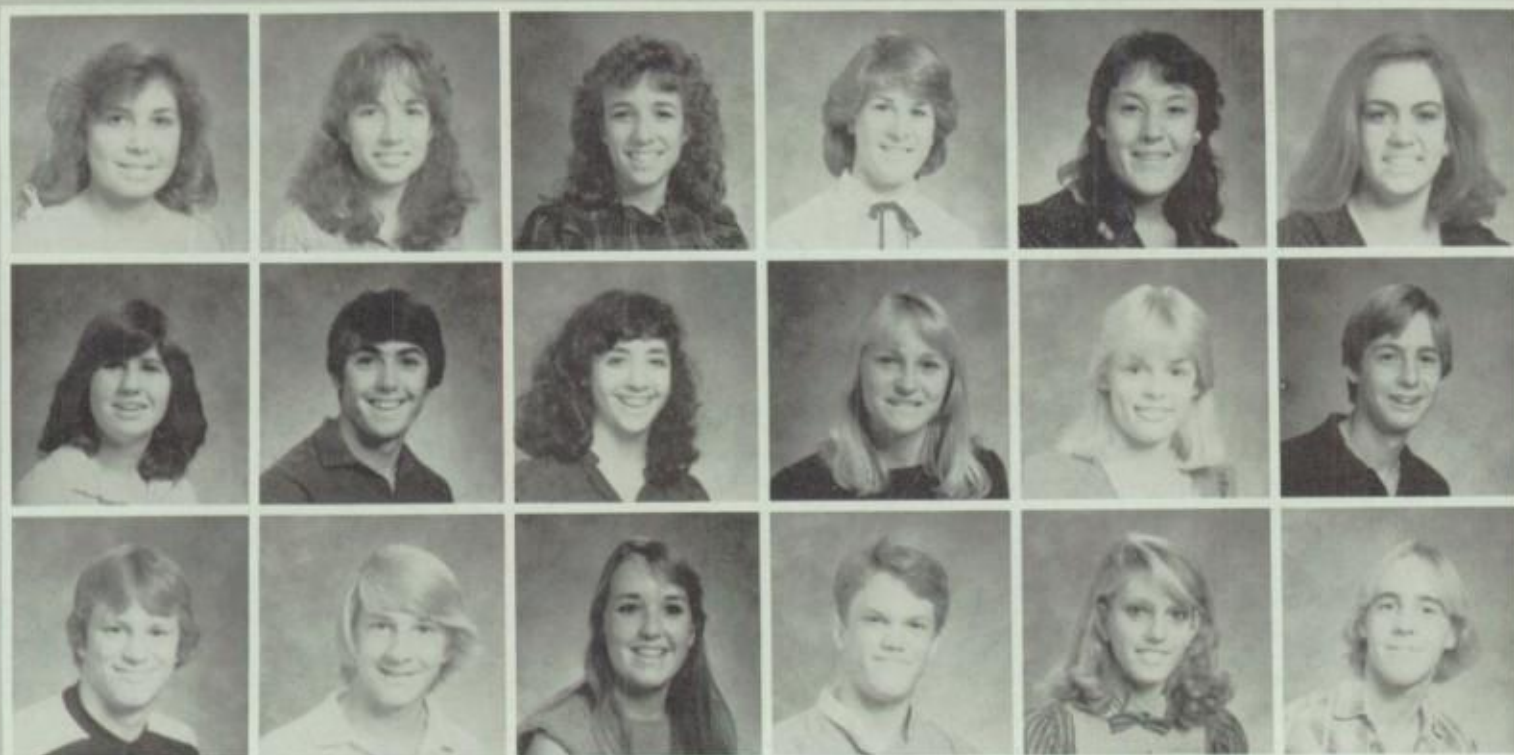


Thomas, Tim
Thorndyke, Chris
Tono, Mike
Tortorice, Carole



Travisano, Mike
Trevino, Brian
Trotta, Frank
Tucker, James





Turrell, Lisa
Urbani, Cheryl
Urbani, Michelle
Vandergeest,
Heidi
Van Peursem,
Lisa
Vargo, Lisa

Vassar, Marcia
Velardes,
Rick
Vojdani, Eva
Vysin, Caroline
Wade, Patricia
Walker, Thomas

Wallner, Neil
Ward, Doug
Warren, Darlene
Washburn, Bill
Watkins, Kristen
Watrous, Jeffrey



"Becoming a junior presents an obstacle in my life that must be overcome." Matt Cobb

1. Looking for those overdue books, **Steve Puchi** makes those dreaded late charges. 2. On his way home **Steve Gallo** has just completed a rough football workout. 3. In study hall, **Bill Miller** finds a quiet place to do some serious studying. 4. Supervising the preschoolers, the child development class discusses future activities for the kids.



Webster, Kellie
Wei, Terry
Weiss, Jason
Wells, Jane
Wenkle, Jenny

Wentworth, Brad
White, Molly
Whitenack,
Craig
Whitlinger,
Anthony
Wiles, Anjie

Wolin, Tim
Woods, Shesha
Wright, Jennifer
Young, Jennifer
Zamarippa,
Florentine

Zaradnik, Carrie
Zimmerman,
Lynn
Zintl, Janet

sophomores

The sophomores at Capo Valley not only enriched the social scene of campus life but added vibrancy and interest to the many scholastic achievements of the past year. Sophomore representative Paula Hoffart brought the class's ideals and requests to the forefront of

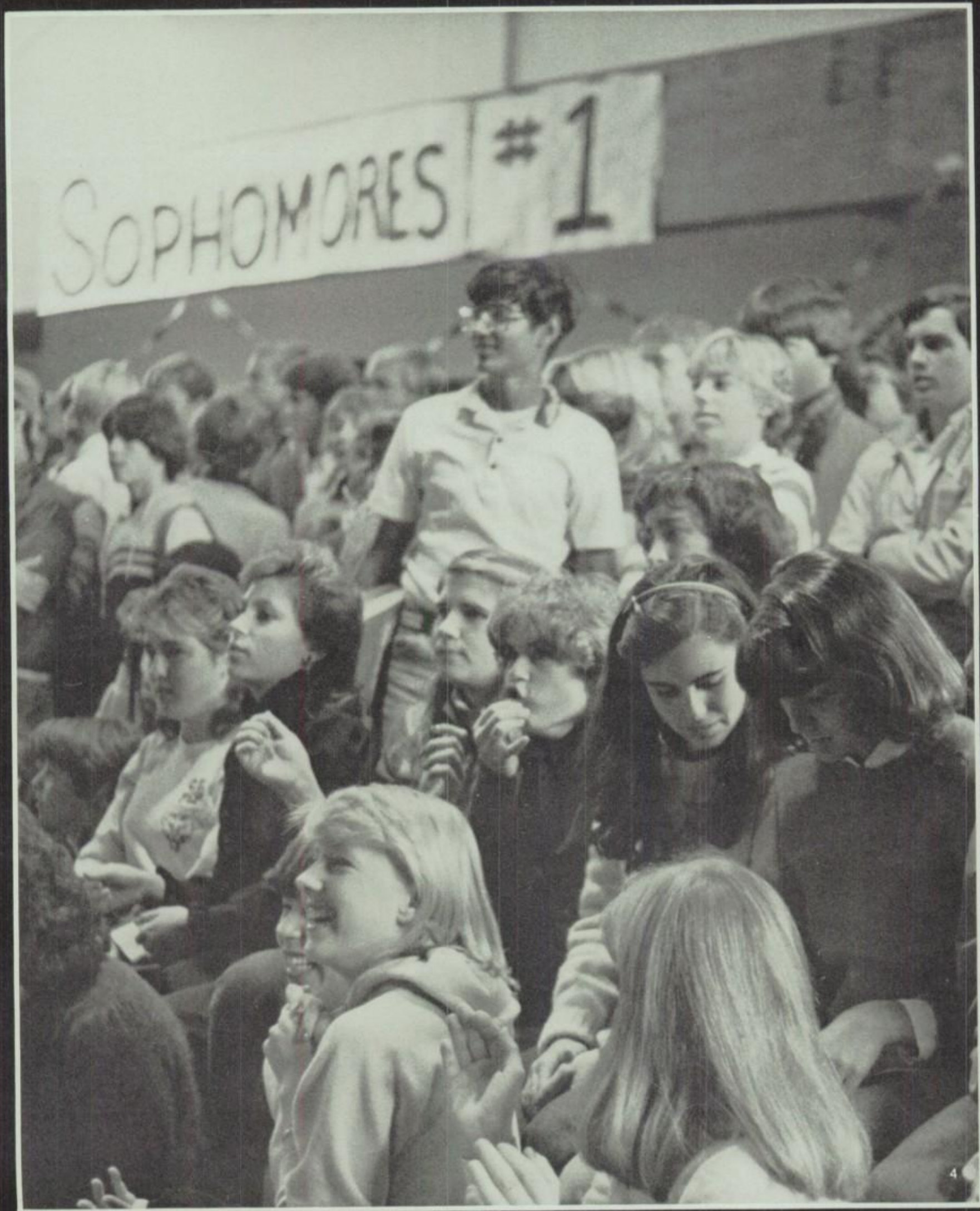
class meetings, commenting, "the sophomores really believe in themselves and their power as students". The sophomores contributed spectacular enthusiasm to the many events which developed throughout the year. They plotted their course with a seriousness that marked their matu-

ration. The simple transformation through a single year brought each student to recognize his importance and continue on a course of success. The gallant pride and spirit of the class of '85 will inspire the many classes to come.



1. Waiting for a Cross Country meet to begin, **Shannon Niccola** ponders the outcome of the Cougar runners. 2. **SOPHOMORE CLASS OFFICERS:** Front row - Linda Smith, Tiffany Vaughn, Paula Hoffart; Back row - Cheryl Karounos, Reema Dandan, Chris Muradian 3. Figuring out his problem, this typical sophomore takes the opportunity to create the right answer. 4. Enthusiastic sophomores show their support for fellow classmates during EP class spirit competitions.

class of 1985



Aguilar, Luis
Alejo, Juquin
Ali, Sonny
Allen, Stacey
Andrews, Abigail
Angell, Theodore



Antos, Kenneth
Arguello, Tammy
Armstrong, Jason
Armstrong, Tom
Ashbach, Scott
Atwood, Matt



August, Brett
Augustine, Brady
Avdeef, Christi
Azar, Tommy
Azua, Stephen
Bagdon, John



"The class of '85 is full of excitement
and spirit."
LISA SCHWING



Bailey, George
Baker, Bill
Baker, Dan
Baker, Steve
Baker, Bill
Ball, Melissa

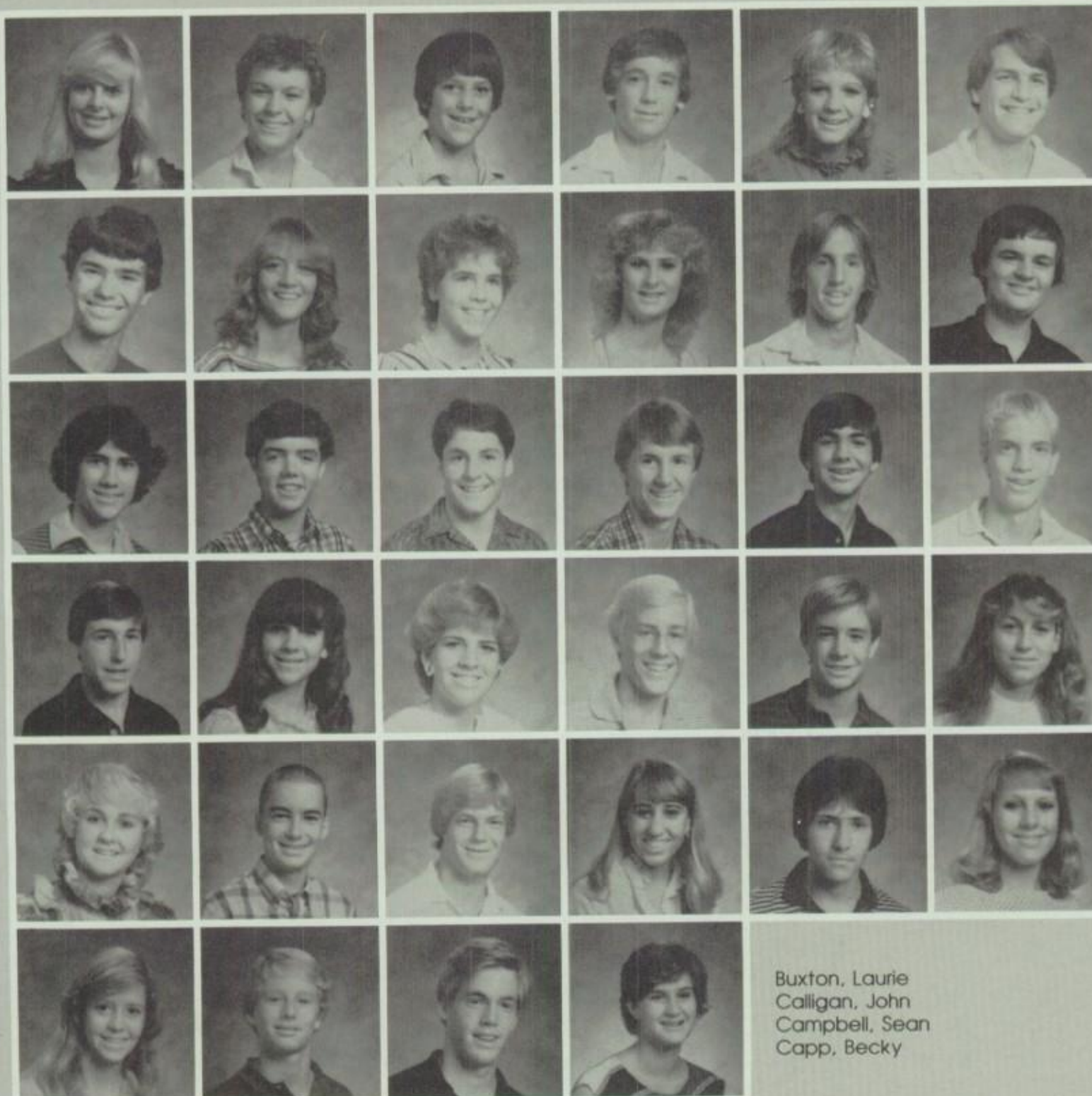


Ballard, Stacey
Bamford, David
Banuelos, Kathrine
Bardens, Theresa
Bartle, Shelly
Baughman, Randy



Bebout, Rich
Becker, Jill
Beierschmitt, Amy
Bell, Kim
Benharash,
Shadnoosh
Benton, Mike





Bigelow, Trudy
Bigler, Laura
Black, Greg
Blancett, Danny
Blount, Jackie
Blutreich, Brian

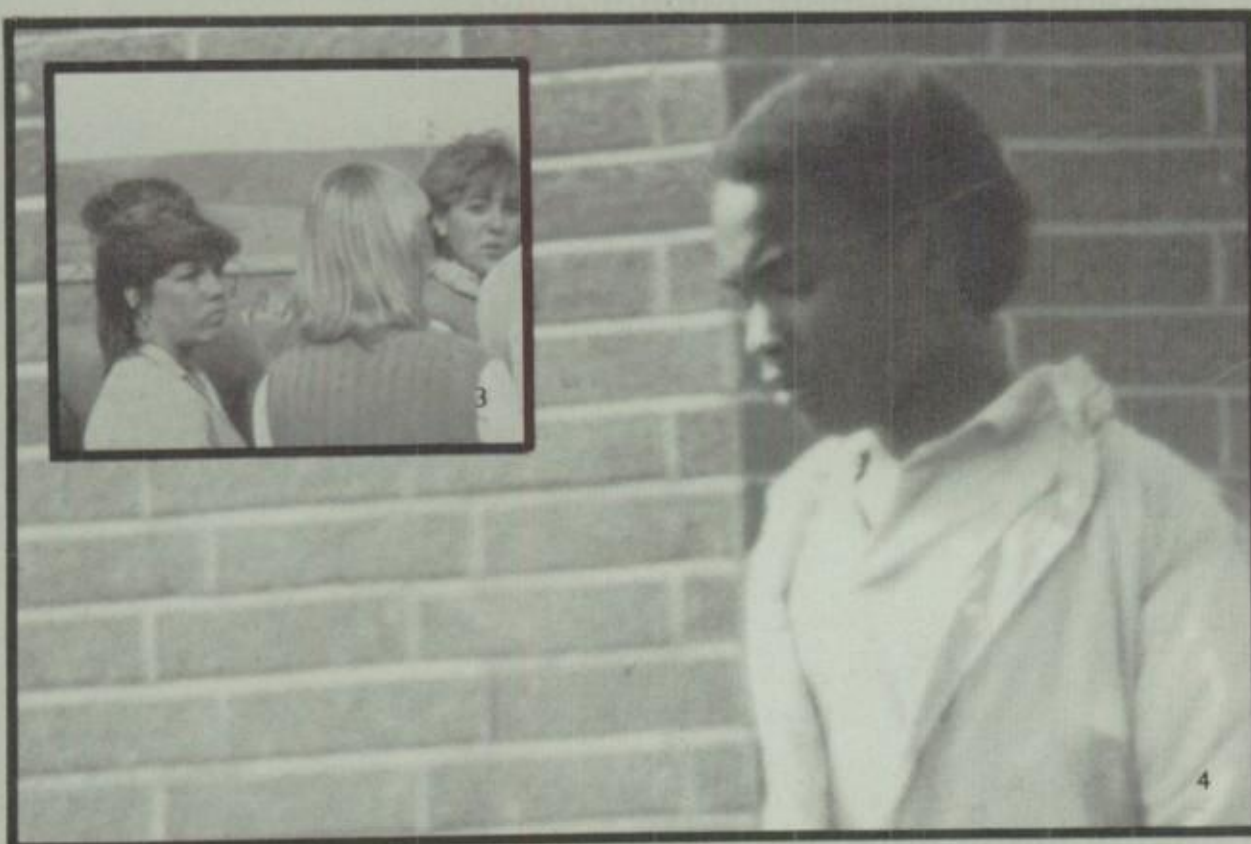
Bollig, Wayne
Bonham, Jenny
Boyd, Jacki
Branch, Susan
Brandau, Wayne
Bray, Brian

Bright, Robert
Brintle, Robert
Brown, Bryan
Brown, Ed
Brown, Gary
Bruce, Michael

Bruce, Roger
Buchanan, Vicky
Buck, Chris
Bujnovsky, Gregg
Bukow, Scott
Burch, Tammy

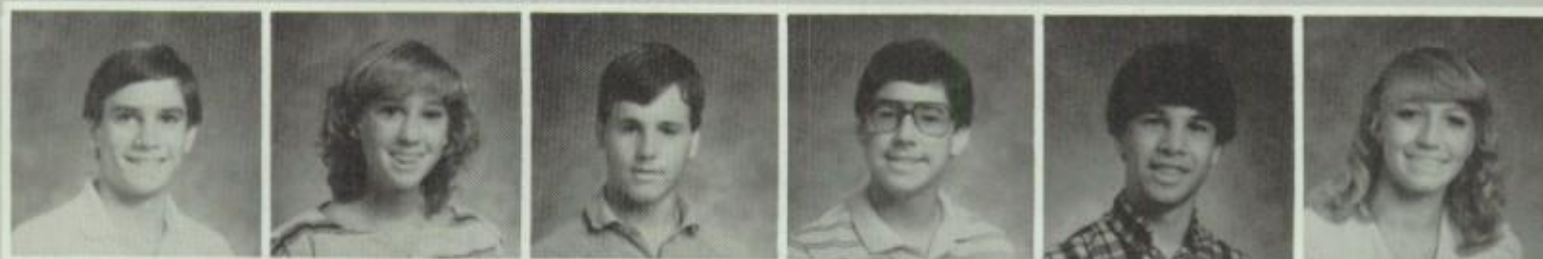
Burgus, Staci
Burkley, Steve
Burnett, Steve
Burns, Heather
Burstein, Claudio
Butterfield, Vickie

Buxton, Laurie
Calligan, John
Campbell, Sean
Capp, Becky



1. As a dazzling young Cougar gal strolls by **Larry Lippert** comments with gusto. 2. The Punk representatives of Capo seek guidance from **Mr. DeGeer**. 3. During a pep rally **Cindy Swartout** and **Sheila Hubbard** search for a friend lost in the crowd. 4. Deep in thought **Chuck Hemphill** ponders his many homework assignments.

Carey, Keith
Carnesale, Chris
Carpenter, David
Carrillo, Flavio
Carter, Geoffrey
Casey, Susan



Cassaro, Sal
Cast, Tricia
Castro, Ernie
Cathey, Eddie
Caudell, Joseph
Chamberlain, Jim



Chandler, Sonja
Chard, Jacqueline
Chiletz, Michael
Church, Kelley
Cisowski, Matt
Clark, Kelly



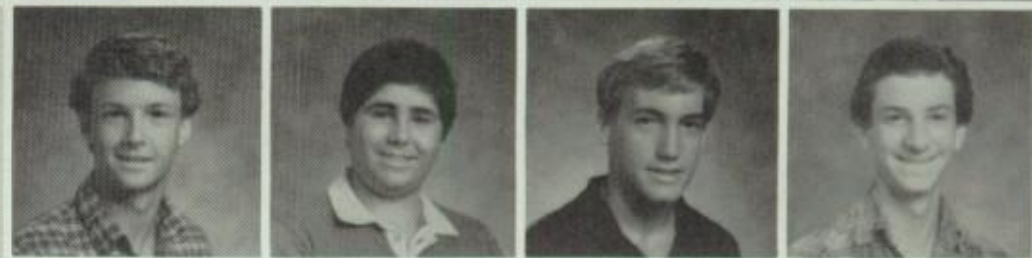
Clesceri, Victor
Clifton, John
Cobb, Lisa
Collings, Kim
Collins, Jeff
Colonnese, Wendy



Contenti, Toni
Cook, Cindy
Cook, Jerry
Cool, Ken
Cooper, Bruce
Cooper, Ken

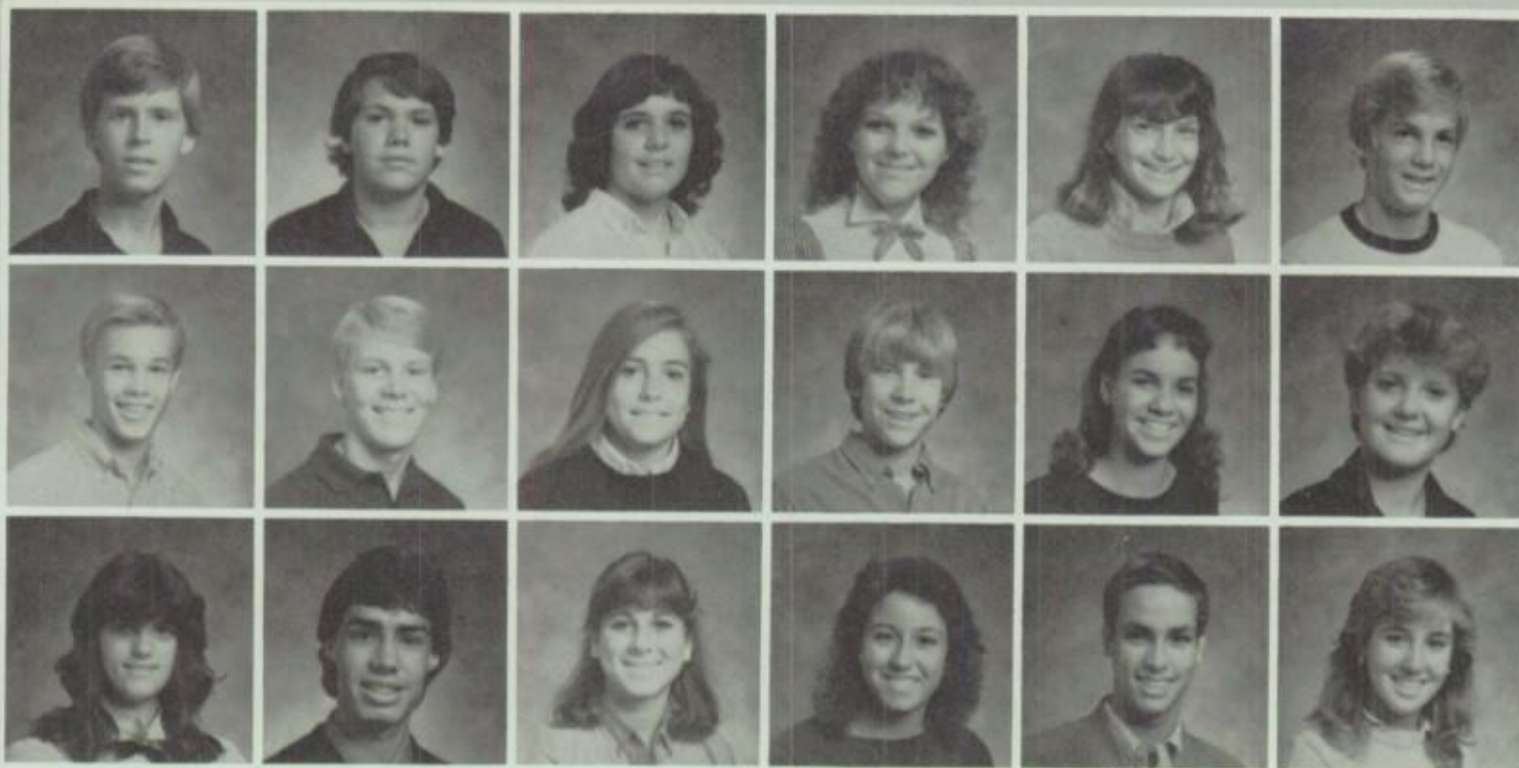


Copeman, Mike
Cosby, Chris
Corry, Jim
Crawford, Rick



1. Laughter is the only reaction possible as sophomores compete in the egg toss at a pep rally. 2. Child development provides Capo students with real live child care experiences. 3. Auto tech gives students the chance to gain and improve mechanical skills for use in the future on a personal or professional level. 4. Excitement overcomes **Cathy Sedgwick** as she turns to congratulate **Liesl Pike** for her homecoming nomination.

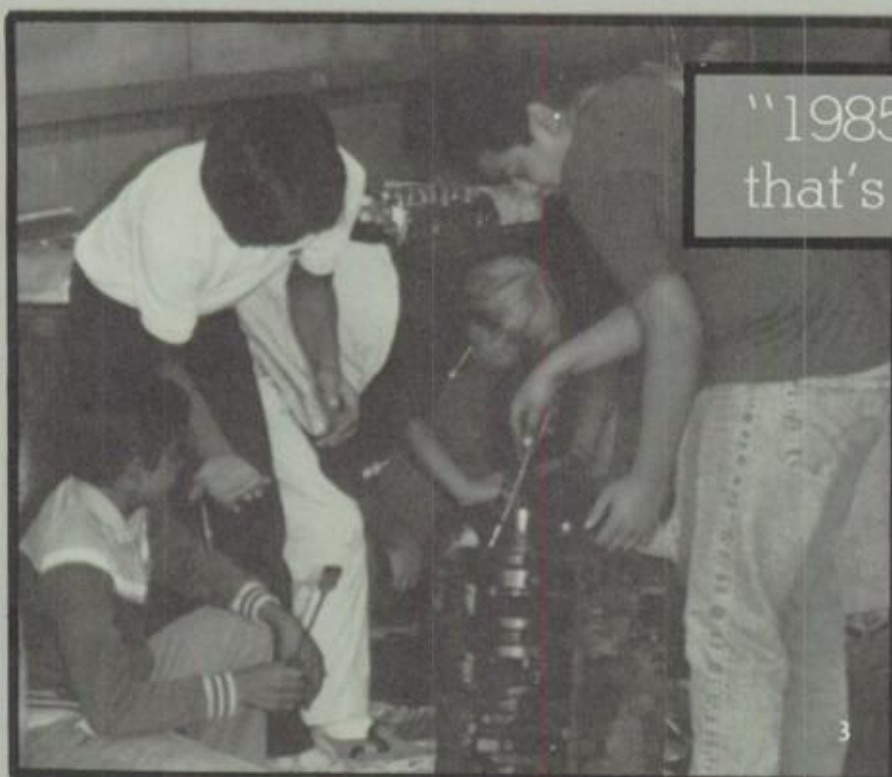




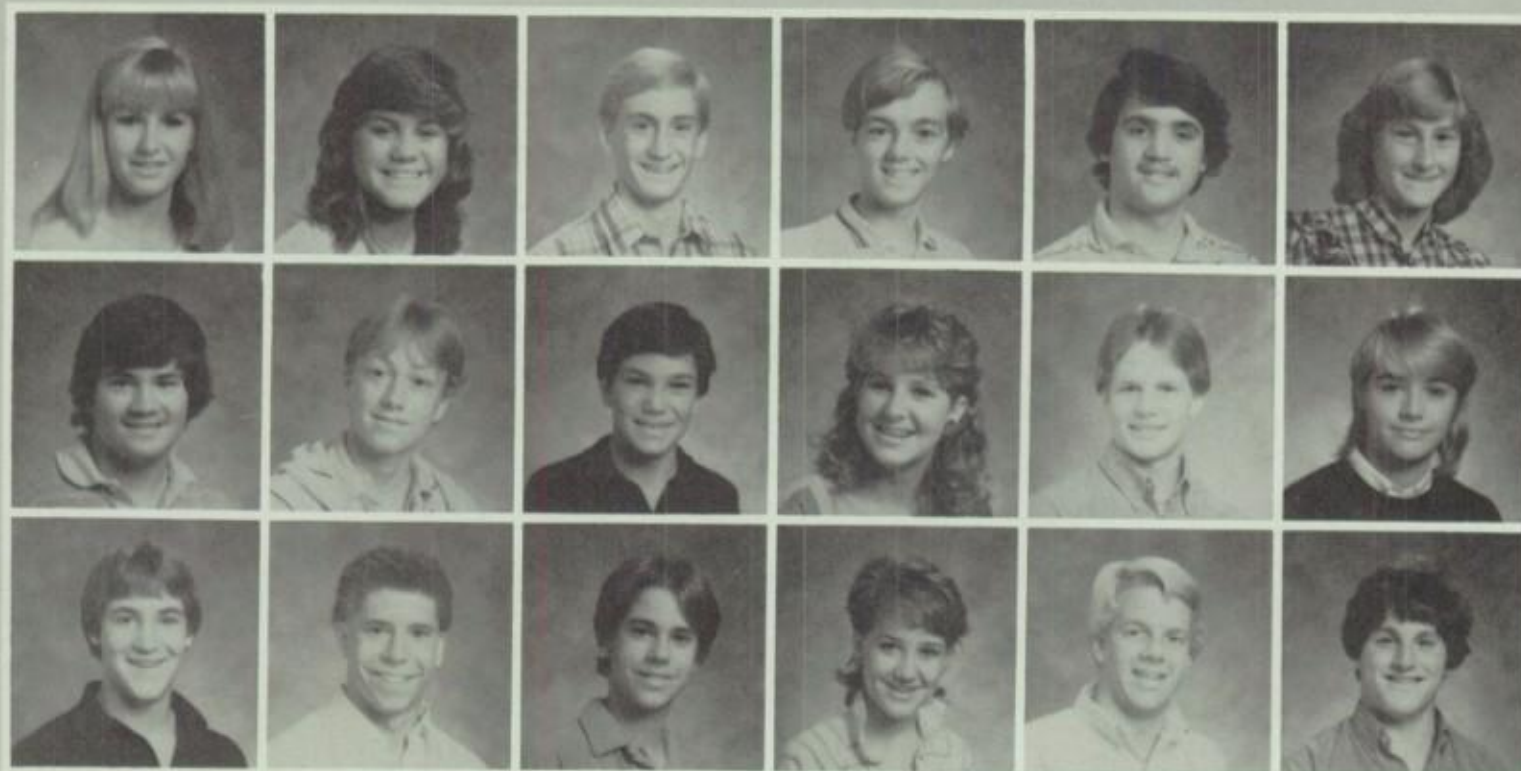
Creber, Steve
Cross, Bill
Croy, Natalie
Crompton, Julie
Cukrov, Toni
Curry, Peter

Curtis, Dan
Daley, Dan
Dandan, Reema
Daniels, Jeff
Davidson, Shawn
Davis, Chris

Davis, Kristin
Decker, Mike
Deever, Teresa
Deleone, Patricia
Dellota, Kim
Dellofa, Lori



"1985 is alive and I'm telling you
that's no jive." **CHRIS MURADIAN**

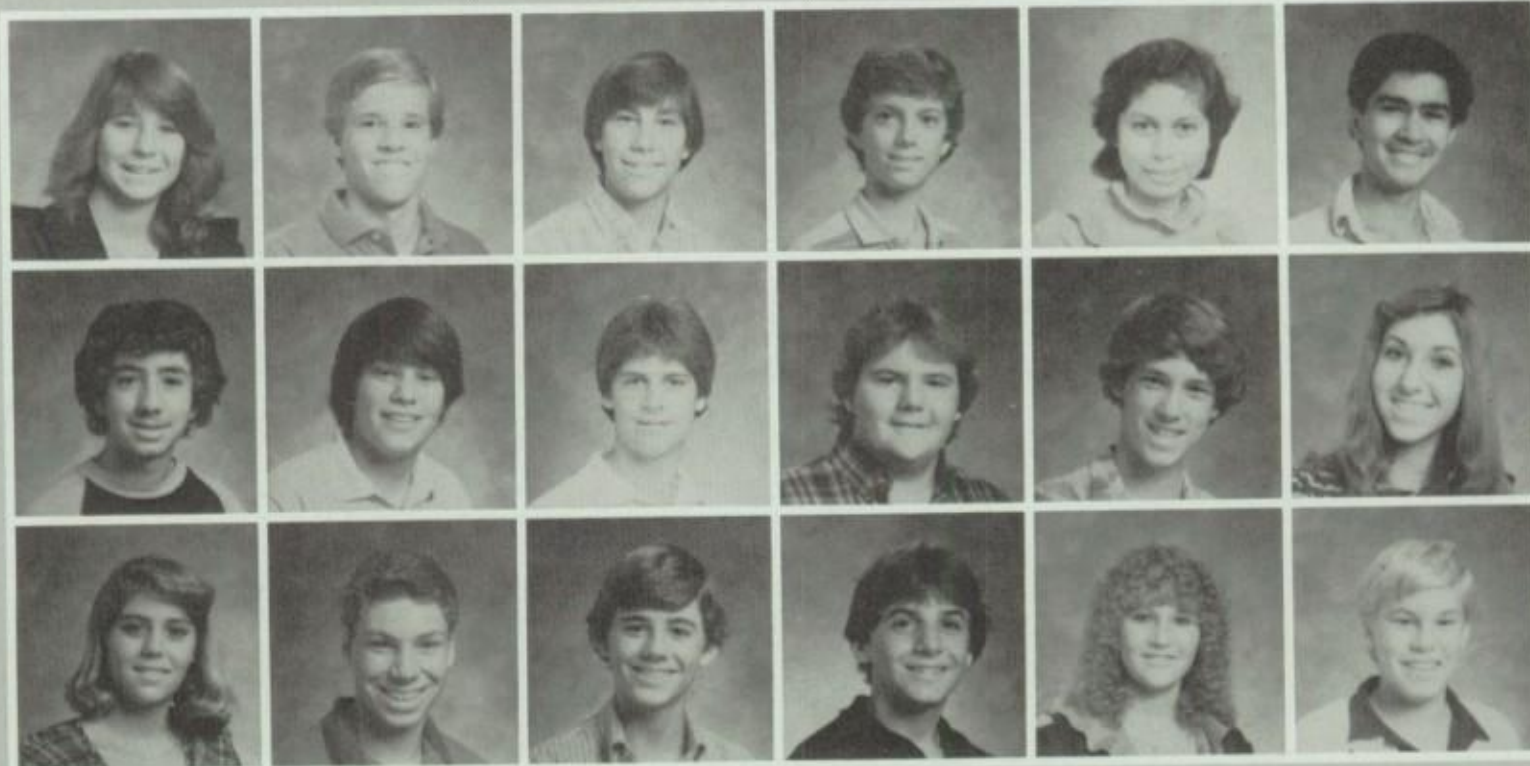


Delorenzo, Andrea
Delprato, Nicole
Denicola, Mike
Desmarais, Charles
Dill, Bob
Dipsiner, Kim

Doms, Gregory
Donohoe, Michael
Dornaus, Paul
Downey, Kellie
Doyle, Dan
Drewry, Robin

Duclos, Eric
Duffy, Scott
Dunning, Derek
Eastwood, Karen
Eckman, Mike
Eidt, Sam

Epperson, Michelle
Erbe, Derek
Erickson, Randy
Evans, Jeff
Evans, Silvia
Farrokh, Kuorosh



Fasheh, John
Felix, Ken
Ferrigno, Greg
Finch, John
Finn, Richard
Fisher, Alayne

Fitzgerald, Andrea
Fitzpatrick, Dan
Fitzpatrick, Jim
Flansburg, Jim
Floyd, Lisa
Floyd, Mike

"The class of 1985 has Cougar spirit
and power." **KATHY BANUELOS**



Folgnier, Jayme
Fornos, Julio
Forrest, Sheryl
Forster, Christa
Fosdick, Michelle
Fredericks, Lesley



Freeman, Eric
French, Jacqueline
Frieze, Sander
Fultz, Brian
Furst, Billy
Gabris, Michelle

Galkin, Lisa
Gardner, Kevin
Gastelum, Liz
Gates, De Ann
Geddes, Brian
Gire, Cheryl



Glenn, Karey
Gonzalez, Irma
Gonzalez, Rafael
Graeler, Darren
Grant, Ron
Gratton, Paul



Greenwaldt, Dawn
Greer, Pam
Gries, Vern
Grimes, Erylene
Gross, Paulette
Guise, Patricia



Gunning, Lori
Gutierrez, Augustine
Hadlock, Kim
Haig, Brian
Haines, Eric
Hale, Carrie



Hall, John
Hall, Kelley
Hall, Kris
Hall, Mark
Haller, Eric
Hampton, Bill



Harns, Heather
Harris, Brad
Harris, Erik
Haryung, Ann-
Jeanette
Hausdorfer, Lisa
Hayes, Aimee



Hein, Grant
Heite, Dirk
Helfer, Wayne
Heller, David



1. A science class poses a new challenge as **David Reinhart** tries to solve a problem. 2. Words fly and challenges are presented as Cougars intently listen to the pros and cons at a Nuclear Freeze debate. 3. After a challenging exam in english, **Christina Quintana** expresses relief. 4. School service has provided **Cindy Cook** with some good clerical skills and experience with the ole papercutter.

Hemphill, Chuck
Hemstead, Judith
Henderson, Jack
Hengler, Darren
Hickman, John
Hilger, Michelle



Hird, Casey
Hoag, Keith
Hobson, David
Hoffart, Paula
Hooker, Paul
Hortinela, Stan



Hubbard, Sheilin
Hudson, Marshall
Hull, Jennifer
Huppman, Michael
Ige, Tim
Jakubka, Jerri



Jensen, Claudia
Jensen, Michael
Jent, Tina
Johnson, Bruce
Johnson, Jeff
Johnson, Ryan



Johnson, Sloane
Jones, Gina
Jones, Rich
Jones, Sarah
Joyce, David
Kang, Felix

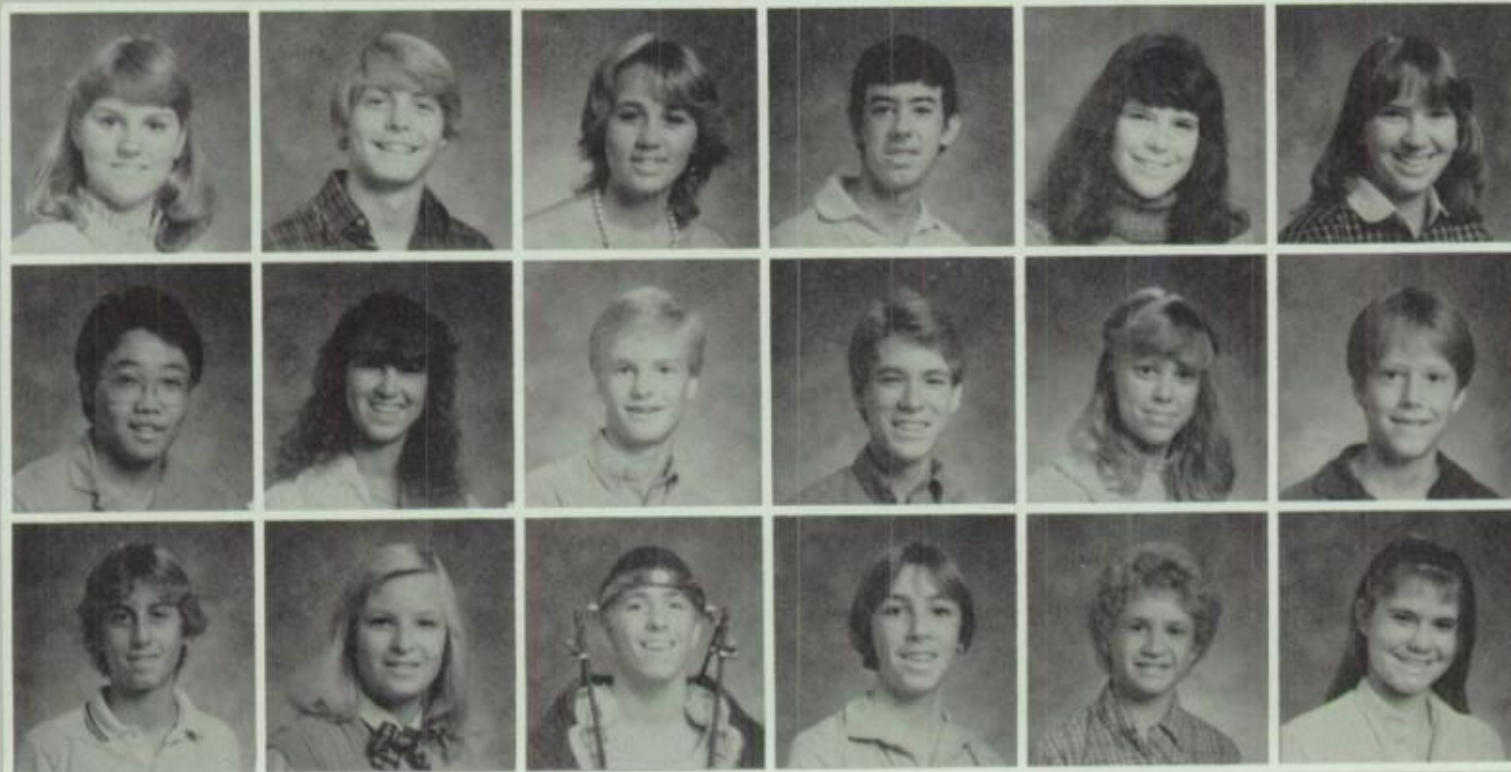


Kapasi, Oscar
Karounos, Cheryl
Kavanagh, Cella
Keenan, Lorraine



1. Gossiping as usual **Stephanie Woods** spreads the latest news.
2. On their way to the pep rally these sophomores prepare to psych-up for the big weekly game.
3. Preppies are everywhere and here they are showing off their latest purchases in popular preppy attire.
4. The Capo mall provides these students with the chance to watch the EP pep rally activities.



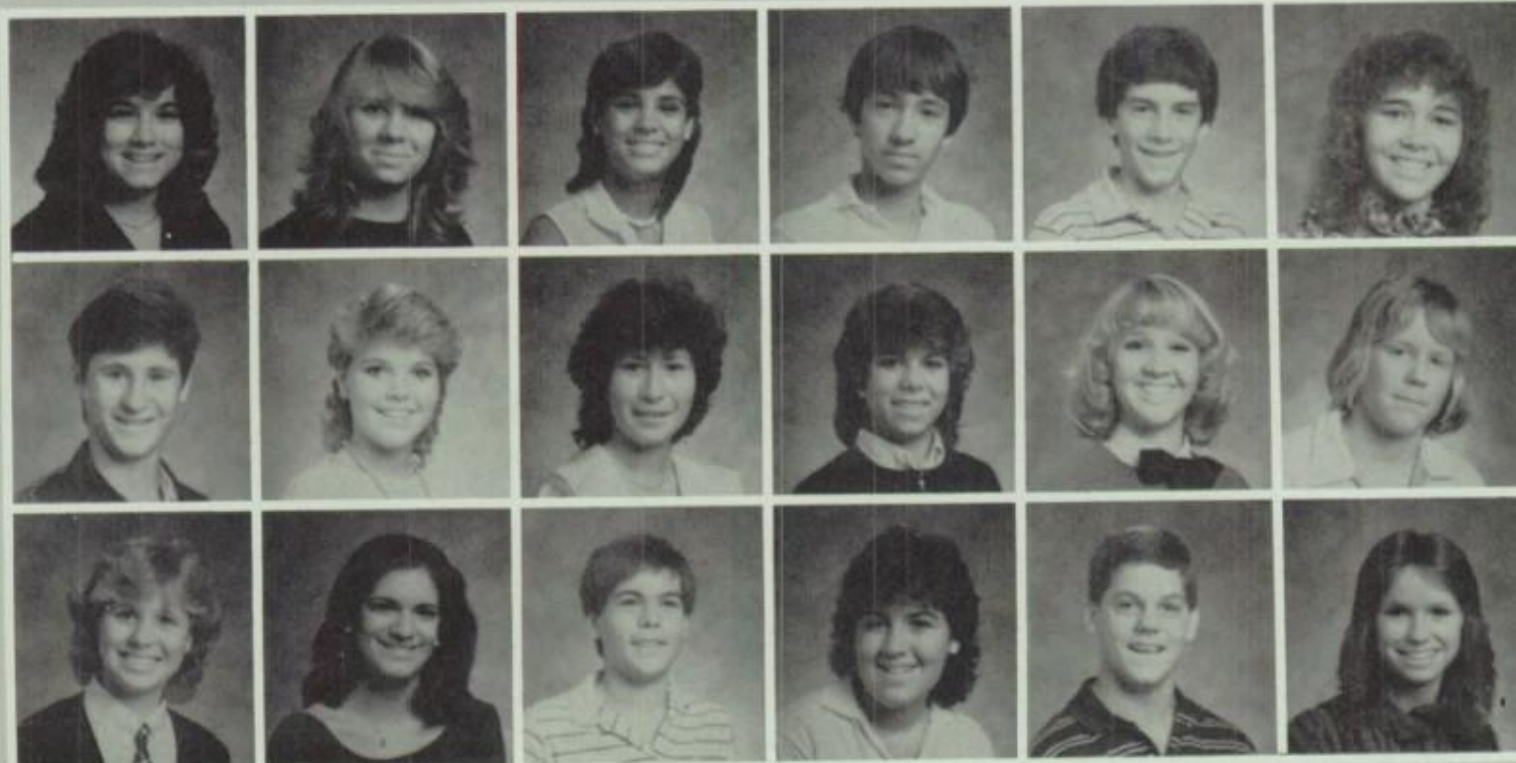
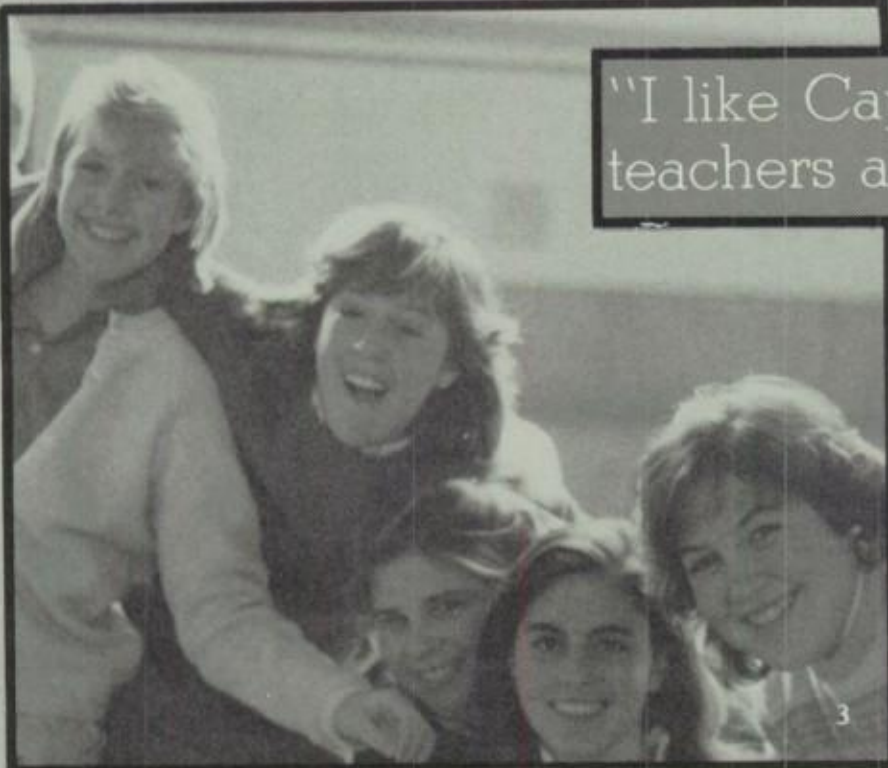


Kehle, Karen
Kelley, Jeff
Kennedy, April
Kennedy, Michael
Kercher, Kim
Kettelhut, Lisa

Kim, David
King, Angela
Kirk, Dave
Kirk, Mike
Kirk, Michelle
Kirk, Robert

Kittle, Tim
Klosterman, Karen
Kobylski, Terry
Koclanis, Jim
Kotowitz, Eric
Kotte, Kathy

"I like Capo because most of the teachers are cool!" **JULIE CRUMPTON**



Koudsi, Mona
Kranig, Alicia
Krause, Michelle
Krebs, Ron
Kreutner, Adam
Lackerman, Stephanie

Lacorazza, Mike
Lafontaine, Jaye
Landa, Regina
Lane, Cathy
Lane, Marian
Lantz, Daylon

Lemmon, Joan
Levine, Kim
Linn, Brian
Lipnick, Shelley
Lippert, Larry
Loman, Debbie

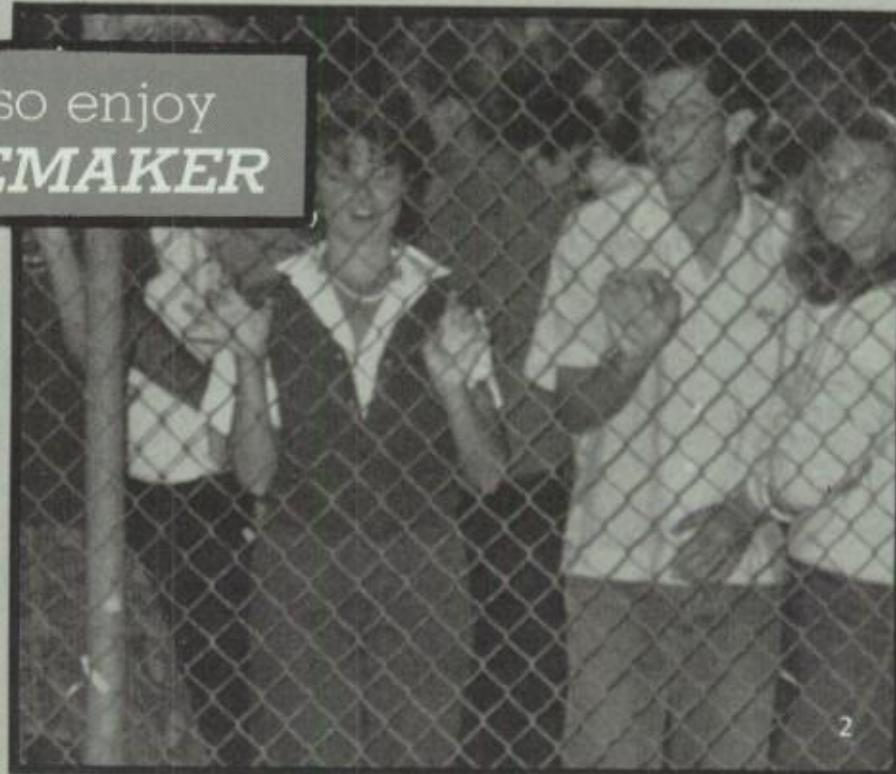
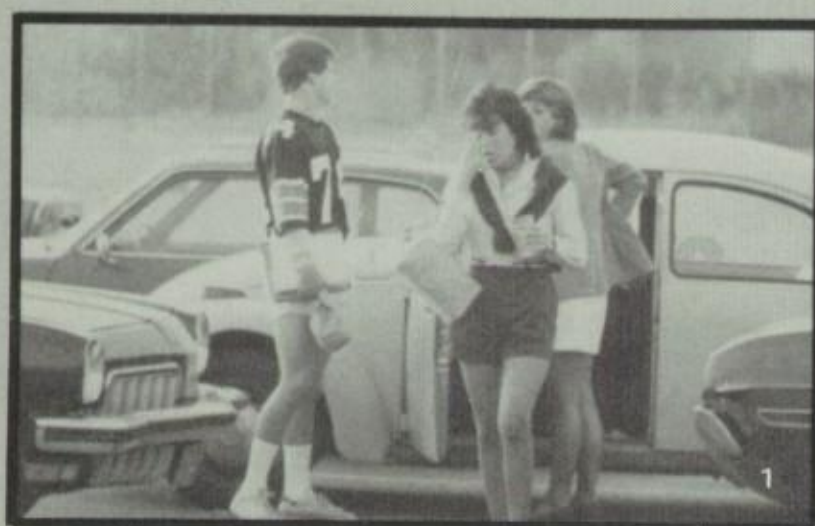
Lotero, Brett
Lowe, Brian
Lucy, Eric
Lukes, Reid
Mac Donald, Jamie
Maciborski, Wally

Macko, Alicia
Malagon, Terry
Mallard, Jennifer
Mallonee, Shaun
Manginelli, Denise
Manley, Tom

Marble, Wendi
Martinez, Hector
Martz, Adriane
Mattero, Vince
May, Jessica
Maynard, Mike



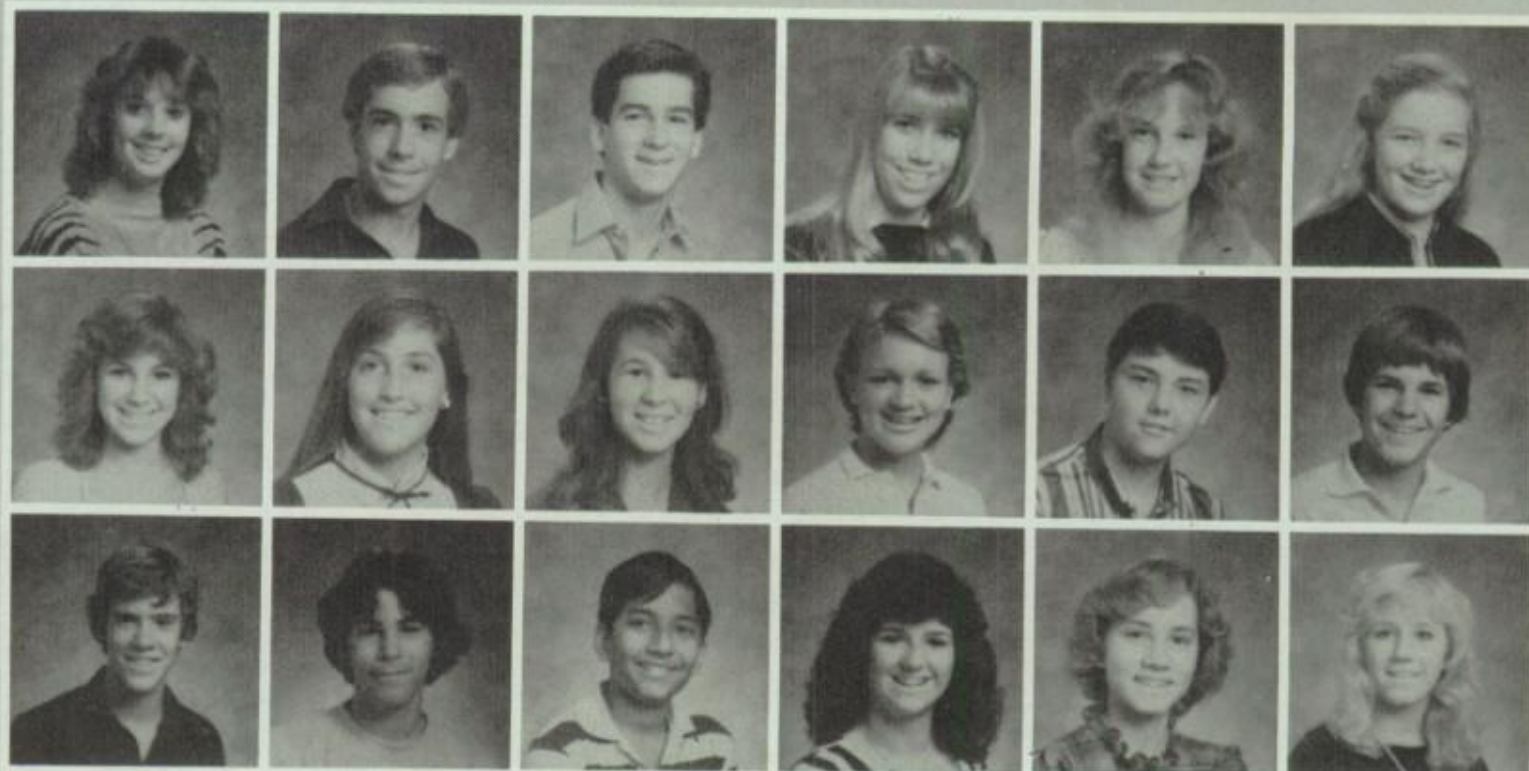
"Time is too precious to waste so enjoy
everyday." **SHANNON SHOEMAKER**

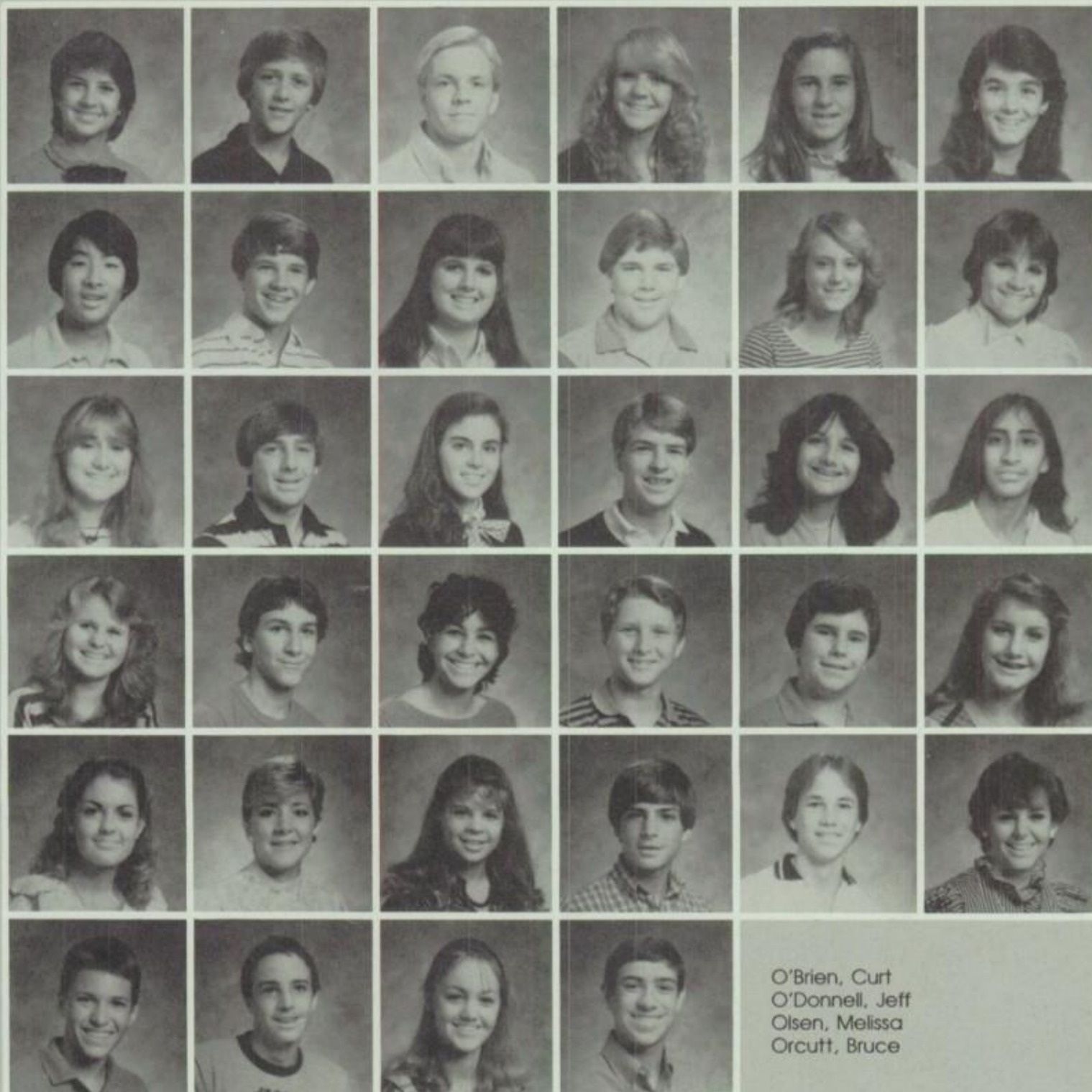


McAllister, Ann
McAllister, John
McCall, Jim
McCarty, Kim
McCaughey, Julie
McCormack, Lise

McCraw, Misty
McFarland, Trisha
McGarry, Laura
McGibbon, Kim
McGuire, Corey
McKeever, Dan

McLaughlin, Doug
McMillan, Mark
Mehta, Nishith
Menzaco, Gina
Messine, Laura
Mezo, Michele





Miller, Barbara
Miller, Jeff
Miller, Jeff P.
Mitchell, Kellie
Mitchell, Sondra
Modiri, Lisa

Moh, Andrew
Montgomery, Todd
Moore, Delina
Morgan, Bob
Mortensen, Karen
Moss, Rebecca

Muce, Antonella
Mullowney, Jim
Muradain, Chris
Myers, David
Naffziger, Judith
Naidu, Sailaja

Najm, Muna
Nama, Darin
Naziri, Niel
Nelson, Sean
Nibarger, Mike
Niblo, Becket

Niccola, Shannon
Nichols, Michelle
Noel, Katy
Norris, Sean
Novack, Stephen
O'Brien, Corey

O'Brien, Curt
O'Donnell, Jeff
Olsen, Melissa
Orcutt, Bruce



1. Shelley Lipnick leads the pack as she heads for the campus to start another day at school. **2.** Some sophomores are not affected by the lack of seats in the stands, so they cling to the fence in hopes of getting a closer view of the hot football action. **3.** Spirit Week gave the sophomores the chance to show their stuff through posters. **4.** On the way to class **Richard Bebout** escorts his new heart throb.

Orlando, Mike
Orozco, Patricia
Ortler, John
Osorio, Mauricio
Owens, Craig
Padin, Catherine



Pahk, Shelly
Paquin, Suzanne
Park, Sonia
Parker, Jim
Parker, Tracy
Patterson, Chris



Payette, Ed
Peabody, Brooke
Pearsall, Lara
Perlas, Catherine
Peterson, Laura
Petty, Tracy



Phegley, Brett
Plohr, Alison
Pospisil, Bob
Powell, Andy
Pratt, Tracey
Priebe, Angela



Pritts, David
Pulver, Tim
Quaranta, Brad
Quintana, Cristina
Rahn, Michele
Raiola, Arianna



Ramsey, Kevin
Reese, Dahna
Reid, Billy
Reinhart, David



1. Trumpeter **Darryl Vandorn** belts out a tune during a CV pep rally. 2. These sophomore gals enjoy the sights and activities in the Cougar mall. 3. Preparing for dances and CV events is an endless job of posters and more posters. 4. Nourishment is critical for these sophomores as they indulge themselves in order to have enough energy for the long afternoon ahead.





Richardson, Jill
Ridling, Kelly
Riegling, Vanessa
Ritenour, Kris
Ritti, Tony
Rodriguez, Eva

Rogers, Chris
Rogers, Megan
Rondeau, Michelle
Rosales, Estela
Rosales, Lynette
Ruiz, Abigail

Russell, Julie
Russell, Peggy
Ryan, Colleen
Ryan, Robert
Sammons, Bill
Sanchez, Rudy



"I'm looking forward to my junior and senior years here at Capo."

TRACY SLOMAN



Savas, Terence
Sawyer, Cynthia
Schmidt, Robin
Schone, Steven
Schreck, Jeff
Schwing, Lisa

Seapy, Robert
Sedgwick, Cathy
Selznick, Matt
Servas, Mike
Shahravesh, Barkley
Shahravesh, Mitch

Shaver, Neal
Sherman, Raquel
Shikler, Karen
Shoemaker, Shannon
Simington, Brian
Simonin, Scott

Sivak, Robert
 Skinner, Steven
 Sloman, Tracy
 Smith, Tim
 Snyder, Curtis
 Souza, Chris



Sowa, Mike
 Sparks, Robert
 Sponberg, Lynne
 Sprinkle, Carolyn
 Sprouse, Ron
 St. Jean, Don



Steinhauer, Elizabeth
 Stewart, Michelle
 Streger, Jeffrey
 Stuart, Sivi
 Swanson, Robert
 Swartout, Cynthia



"Capo is the best because students care and are involved." **KELLEY PRATT**



Swift, Joe
 Teichner, Leah
 Thornton, Jeff
 Tillman, Leah
 Toney, Jason
 Toney, Kristen

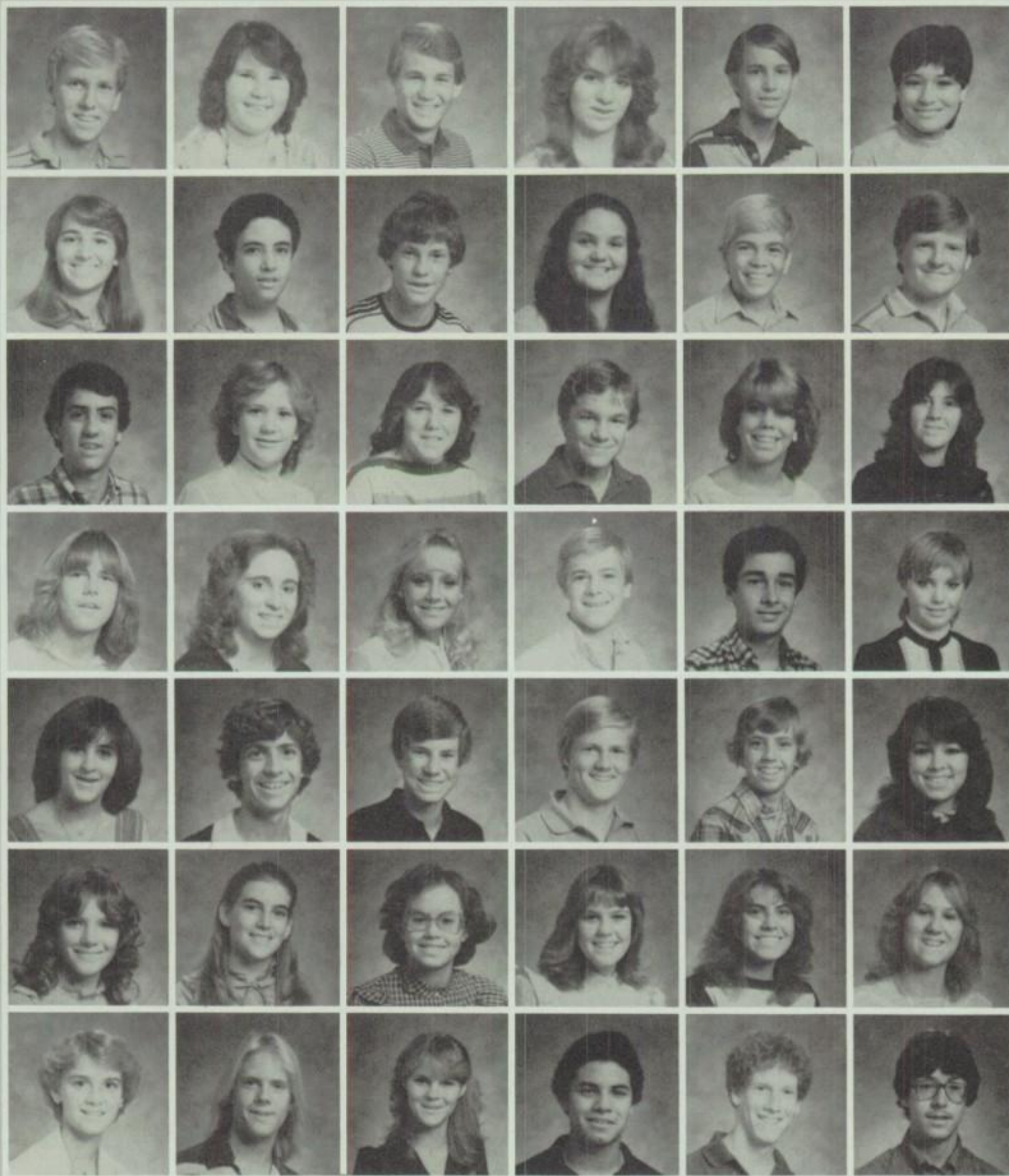


Toscano, Marina
 Townsend, Kristin
 Triscari, Sabrina
 Tucker, Karen
 Turner, Sandra
 Turton, Debbie



Valentine, Josephine
 Vandenberg, Jim
 Van Houten, Robert
 Vasquez, Mike
 Vaughan, Tiffany
 Verwayne, Lisa





Vida, Dave
Vigil, Angel
Vigil, Scott
Viner, Tamra
Virgin, Kenneth
Vizcarra, Lisa

Vogado, Julie
Vojdani, Aron
Vollmer, Mike
Volz, Dawn
Wade, Don
Wagner, David

Wagner, Rich
Walenciak, Robin
Walker, Shelley
Walsh, Brian
Wane, Kim
Wardingley, Tina

Waterman, Todd
Waters, Kelli
Watson, Kelly
Watson, Randy
Webb, George
Weber, Heidi

Weddle, Juli
Wehrli, Jon
Werkmeister, Jeff
White, Todd
Wickert, Adam
Willes, Helena

Willner, Tami
Wilson, Constance
Wong, Lisa
Wood, Staci
Wood, Liz
Woods, Stephanie

Wooldridge, Natalie
Wortman, Robert
Young, Lisa
Yslas, Fred
Zaret, Jeff
Zimmerman, Darin

Ziaket, Carrie
Zodnik, Karin



1. Capo students head toward the main building after a rousing homecoming pep rally in the stadium bleachers. 2. The Capo mall provides students with a meeting place in between classes. 3. After an intense Survey of Social Science exam, **Kristin Davis** tries to muster the strength to head on to English.

class of 1986

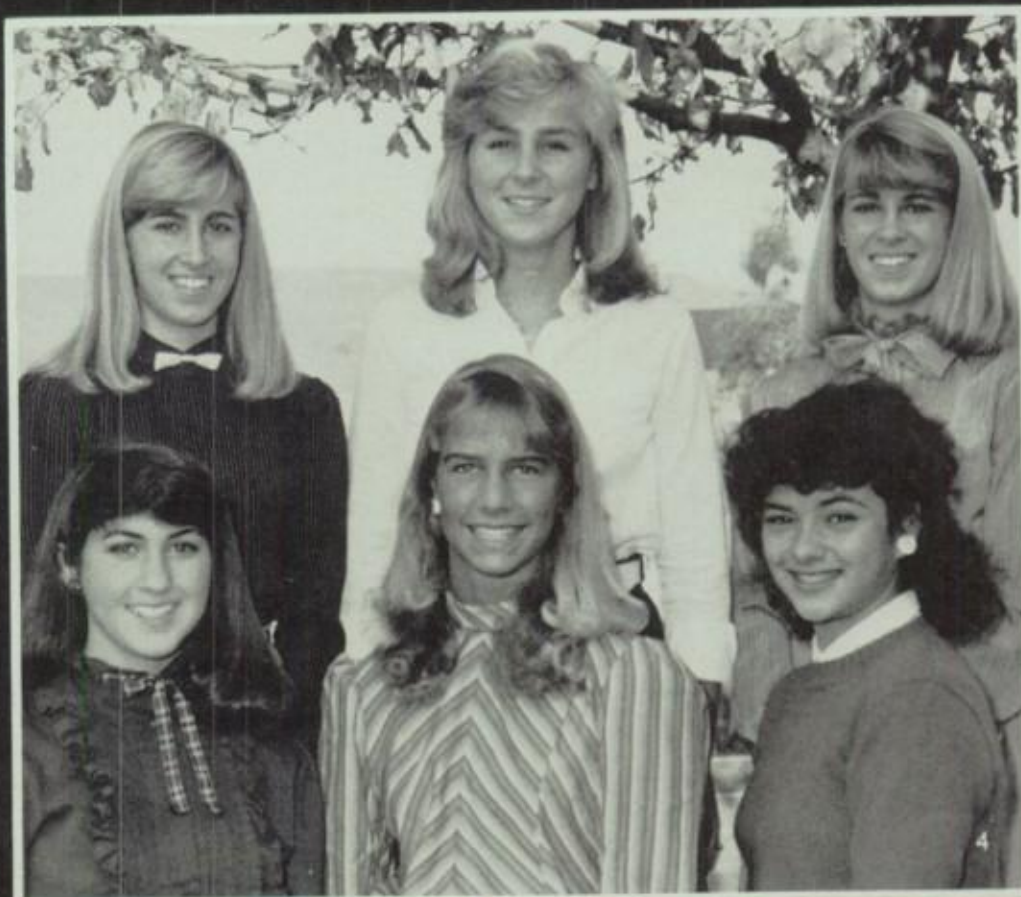


freshmen

The transfer from a Junior High to Capo Valley presented many freshmen with changes. The class of '86 is not only the largest in number but this year's freshmen were pressed to incorporate more required classes than the other students. Meeting their challenges head-

on, the freshmen Cougars survived through the year and adjusted well. They showed a lot of enthusiasm by joining clubs, organizations, teams, and joining in on Capo's spirit. As the weeks flashed by the freshmen realized that they too would have more

responsibility. Sophomore president Erica Ramirez commented that "this year is a year of orientation". Soon comfortably within the Capo Valley framework students battle the odds and continued their strive to become competent and reliable individuals.



1. Gusto prevails as freshmen enthusiasm is ever bounding in the Cougar mall. 2. Surprised by her friends involvement, **Missy McDougal** looks forward to the "Spirit Week" activities. 3. Receiving a number of pamphlets, these freshmen discuss and plan their futures at an AP period. 4. **FRESHMEN CLASS OFFICERS:** Front row - Gwen Glassman, Pam Presley, Erica Ramirez; Back row - Nicki DeMaggio, Janice Bugna, Dena DeMaggio

Abshire, Mark
Ackerman, James
Acosta, Connie
Agan, Mark
Alsel, Valarie
Alford, Kristine

Alvarado, Kelly
Amen, Mark
Andrew, Virginia
Anstead, Beth
Aoude, Khaled
Aree, Marcel

Argentar, David
Arnett, Ron
Arroyo, Martha
Atkins, Morgan
Attaway, Jeff
Avdeef, Rachelle

Baker, Jennifer
Balagot, Ronnell



FRESHMEN FRODO

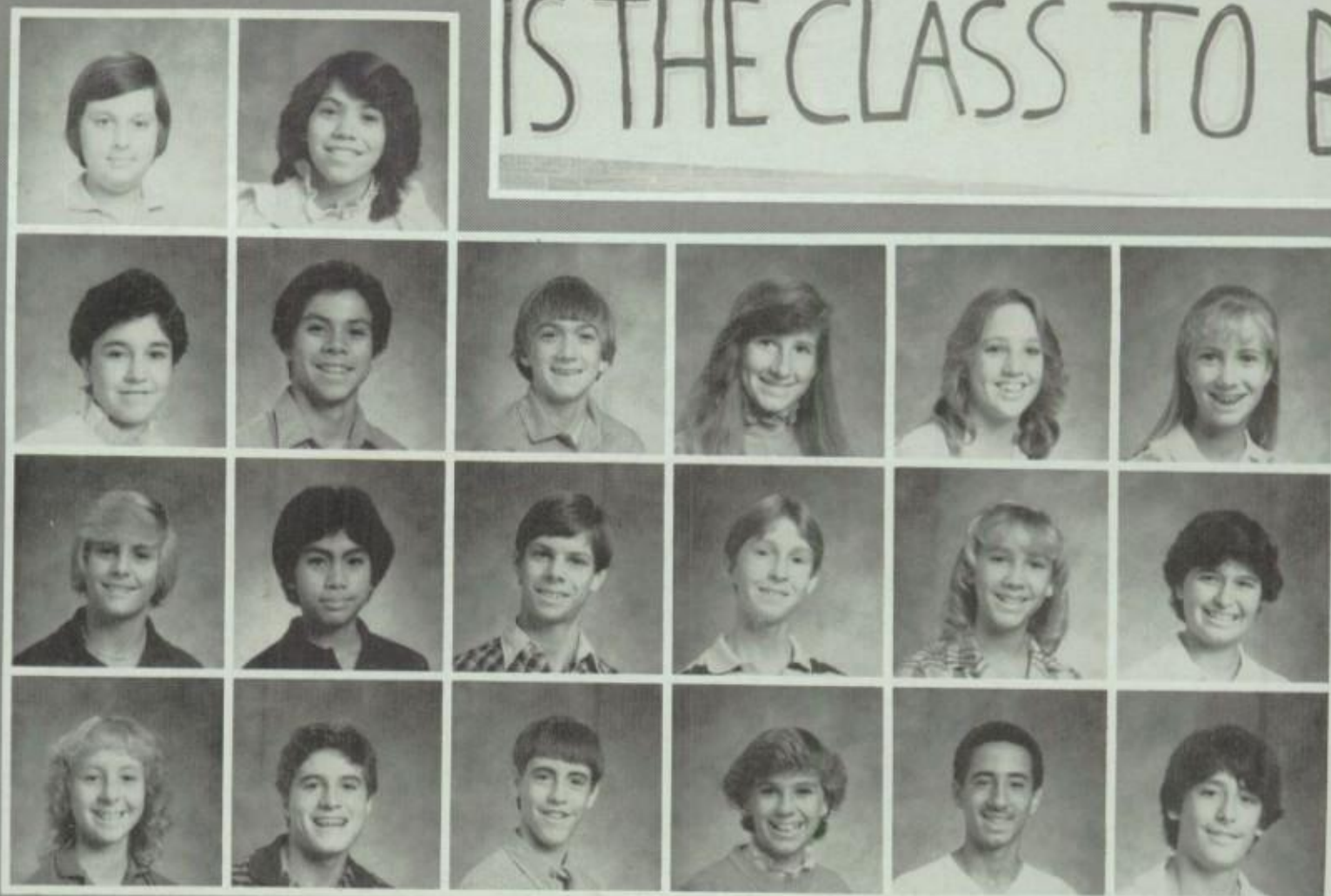
WAIT & SEE
IS THE CLASS TO BE

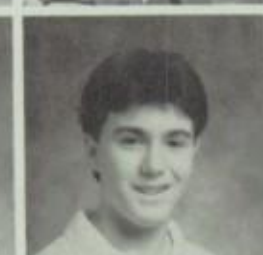
Baldwin, Brian
Banda, Monica

Banda, Stephanie
Banuelos, Anthony
Barber, Scott
Barnes, Lori
Barnhoorn, Christina
Bartelt, Christen

Barton, Stephen
Bascon, Cyrus
Bates, Gable
Battoe, Bruce
Baughman, Barbara
Becerra, Teresa

Beck, Kristine
Beightol, Todd
Bell, Dan
Bell, Sheri
Benoit, Virglio
Berkeley, David





"We are going to be the hottest and most spirited class ever at Capo." **GWEN GLASSMAN**

Berry, Christine
Binder, Bob

Bishoff, Jim
Black, Mickee

Blair, Jamie
Bosemer, Kristin
Boswell, Kerry
Boudreau, Candy

Bower, Kimberly
Boyd, Jonathan
Bracken, Michelle
Bradshaw, Belinda
Brettell, David
Britton, Kristen

Brokaw, Jason
Brown, Ted
Brull, Dave
Buckley, James
Bugna, Janice
Bugnel, Coleen

Bunning, David
Burgess, Michael
Burkett, Bryant
Bush, Dylan
Calderon, Richard
Call, Nathan

Campanile, Mario
Campbell, Enrique
Cancellieri, Jip
Cannata, Laura

Carpenter, Christine
Cartee, Lisa
Case, Jacqueline
Cassidy, Trisha

1. Freshmen join in the fun for Spirit Week as they proudly display their spirit posters. 2. **Lance Hale** and **Tim Smith** exchange a few words in preparation for the game of the week. 3. Confused as usual **Mike Kirk** seeks reassurance from **Shannon Gaudet** about his homework assignment.

*"Capo's football team is the
NFL of the eighties."*

MARK AMEN

Chang, Jean
Cheney, Matt



Chittenden, Lloyd
Chmielewski, Donna



Choi, Bum
Chollar, Troy
Clark, Almee
Clark, Kirsten



Clark, Shannon
Clark, Tim
Cleary, Debbie
Cobben, Collette
Cody, Scott
Cole, Scott



Cole, Theresa
Conroy, Colleen
Corwin, Chris
Cosbey, Don
Coyne, Jim
Craig, Brian



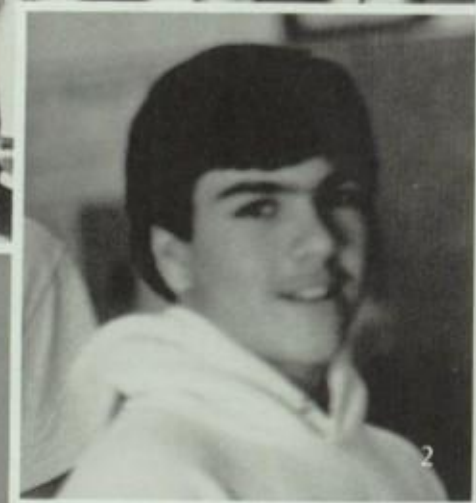
Cramer, Jacquelin
Cramer, Bob
Crumpler, Shelly
Curr, Chris
Curtis, David
Curtis, Stan



Dalio, Mary
Daniel, Teresa
Davey, John
Day, Janet



Dealto, Tony
Debruyne, Karen
Dee, Kellee
DeMaggio, Denia



1. Fall registration provides these new Cougars their first look at High school. 2. Warming up for the bench press, **Russ Fike** builds his muscles in strength and exercise class. 3. Returning from three days of holiday, **Martin Shale, Tom Parsons,** and **Scott Richardson** chat in the mall before their next class.



DeMaggio, Nicki
Denish, Andrea
Denison, Scott
Dennis, Donald
Desota, Fred
Devoto, Robert

Dibble, Debbie
Dickson, Douglas
Dodd, Steve
Donohoe, Scott
Drazil, Cheryl
Druckrey, Craig

Duer, Jeff
Dunn, Robert
Eagle, Monasue
Earl, Sherice
Ebrahimzadeh, Hotosa
Edwards, Tobie



Elazar, Leora
Elliott, Kimberly



CRAMBLING ROOKIES



Engel, Chad
Epperson, Travis



Esposito, Laura
Estrella, Cynthia
Faanes, Lance
Falabella, Wendi
Farley, Bridgett
Farley, Shea

Farr, Stephanie
Ferrara, Marc
Ferry, Michelle
Fields, Eric
Fike, Russell
Finn, Heidi

Fitzpatrick, Kelly
Fitzpatrick, Scott
Fowers, David
Fox, Jim
Franklin, April
Freeman, Pat

Frieze, Wendy
Fulfroft, Brian
Furtney, Jennifer
Gabert, Margaret
Gaggiano, Michael
Gallagher, Kevin



Garcia, George
Gaston, Hotal
Gatdula, Jesus
Gates, Steve
Gaudet, Shannon
Gaxiola, Ed



Gersten, Tracey
Giamarino, Reisha
Gibboney, Kimberly
Gibson, Lisa
Gill, Stephanie
Glassman, Gwen



Goldberg, Charles
Gonzales, Nick



CAPO CLOWNS

Gray, Meghan
Greathead, Paul



Geleco, Thomas
Grundeman, Jill
Guecia, Claude
Guerrero, Vilma
Guigli, Brenda
Gullett, Robert



Gutierrez, Lourdes
Guy, Richard
Hale, Brian
Halle, David
Hammers, Theresa
Hammond, Robert



Hannah, Eric
Hansen, Paula
Harcarik, Todd
Hare, Heidi
Harms, Jeff
Hartounian, Marlene





"Capo's spirit is high and mighty." **WENDY JANSSEN**



Harwood, Riley
Havourd, Duane



Hayes, Marc
Hedfeld, Stefanie



Heinaman, Gay
Held, April
Hernandez, Gary
Herrera, Eric



Hess, Regan
Highley, Amanda
Hildebrandt, Becky
Hill, Curt
Hill, Kristin
Himmel, Erica



Hitzfield, Karen
Hollo, Dwayne
Holt, Kenneth
Hortinela, Teresa
Howard, Byron
Hughes, Jesse



Hulka, Cris
Hungate, Bob
Ibarra, Kristina
Isenberg, David
Jabara, Nizar
Jackson, Jeffery



Jackson, Jennifer
Jacobs, Lion
Janssen, Wendy
Jarmacz, Craig



Jenkins, Craig
Jensen, Kimberly
Jimenez, Juan
Johnson, Donald

1. Freshmen take advantage of the "Spirit Week" and hang posters which they feel best describes themselves. 2. Helping out as friends hang posters, **Scott Fitzpatrick** gets in the Cougar spirit. 3. Explaining how her class time was spent, **Liz Sherrer** talks with her friends after a lunch break.

*"I'm not in any hurry to
grow up, what's the rush?"*
JULIE SCHLUNTZ

Johnson, Kim
Johnson, Krystyne



Johnsonbaugh, Daniel
Jolly, Gerard



Jones, Michele
Jones, William
Jordan, Lynn
Kaelin, Chris



Kane, Elizabeth
Kapp, Sherryl
Karounos, Kimberly
Keifer, Johnny
Kelley, Colleen
Kenyon, Jon



Khamamkar, Rajeev
Kingston, Theresa
Kleist, Kirsten
Knettles, John
Knight, Jane
Kollias, Bill



Kopf, David
Korbonski, Jon
Kortz, Gary
Kotte, Judith
Lacorazza, John
Laughlin, Jill



Laughlin, Joan
Lawrence, Deanna
Lawson, Stacey
Layton, Larry



Lehnus, Gary
Leighton, Jim
Leiter, Leann
Lepatner, Sheri



1. Expecting his friend to meet him, **John Lacorazza** waits in the B wing for his next class. 2. Catching up for his next class, **Shea Farley** finishes homework at the end of his ceramics class. 3. Practicing typing, these freshmen learn a valuable skill that will help them throughout the school years.



Levey, Jonathan
Leviste, Hilda
Lisi, Rich
Lobo, Kimberly
Loechner, Lisa
Lombardi, Lisa



Low, Wayne
Lowe, Rebecca
Lugris, Wayne
Lujano, Luse
Lussler, Sandy
MacLeod, Kenny



Madera, Jane
Magney, Melissa
Maitino, Phillip
Maleman, Geoff
Mamkos, Laura
Maniscalco, Christine



Marbery, Angela
Margarit, Dina

TINY TOTS



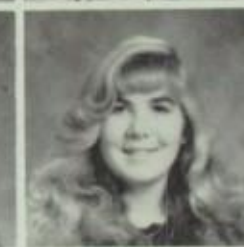
Markel, Lisa
Marra, Christine



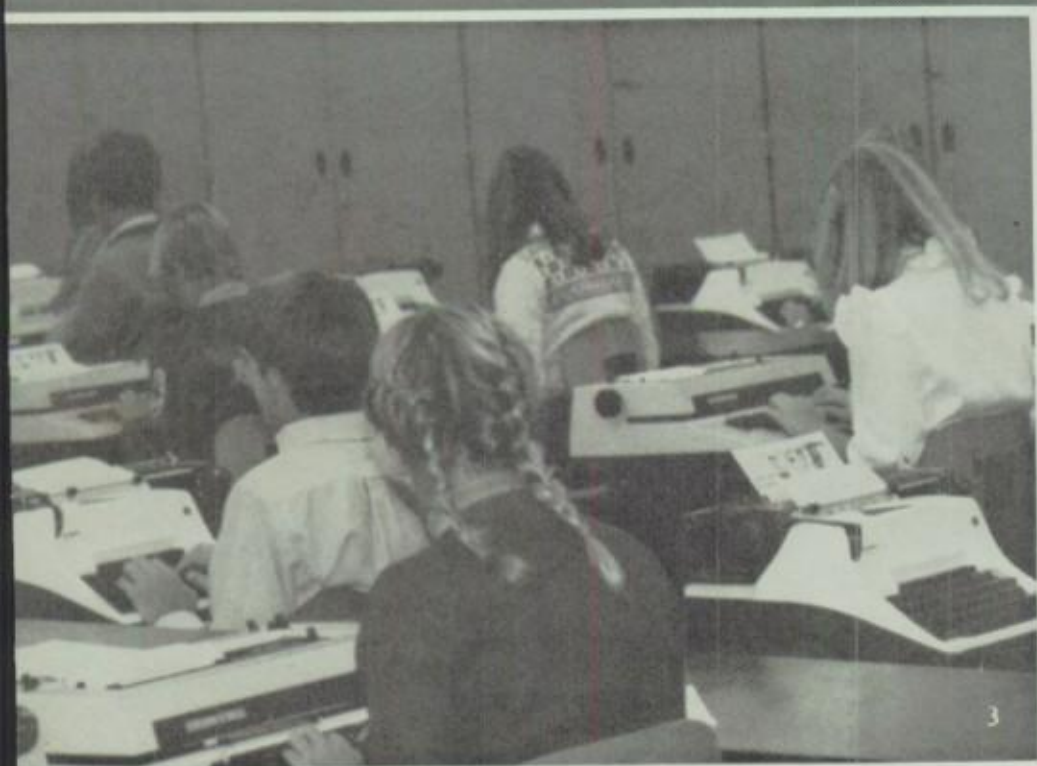
Marra, Peggy
Marshall, Matthew
Martin, Scott
Martineau, Chris
Martino, Chris
Mason, Jeff



Mathews, Clint
Mays, Stephanie
Maz, Andrew
Mazza, David
McCarty, David
McCarty, Jennifer



McConaghy, Kristen
McDougall, Michelle
McGill, Michael
McMillen, Shelly
McWain, Mark
Meagher, Jennifer



Mendoza, Martha
Meraz, Regina
Meyer, Michelle
Milburn, Vanessa
Miley, Michelle
Miller, David



Miller, Tammy
Mitchell, Stacy
Monson, Kip
Montes, Steven
Mooney, David
Moreno, Victoria



Moya, Priscilla
Mulhaupt, Kristine
Murphy, Jesse
Nagel, David
Najm, Rima
Nance, Karen



Nelson, Carl
Netto, Steven



BRIGHT BUDS



Neville, Jennifer
Newhouse, Terry



Nicotera, Angelo
Niemela, Shanna
Nietzke, Heather
Norden, Glenn
Norman, Sherry
Norris, Ronnie

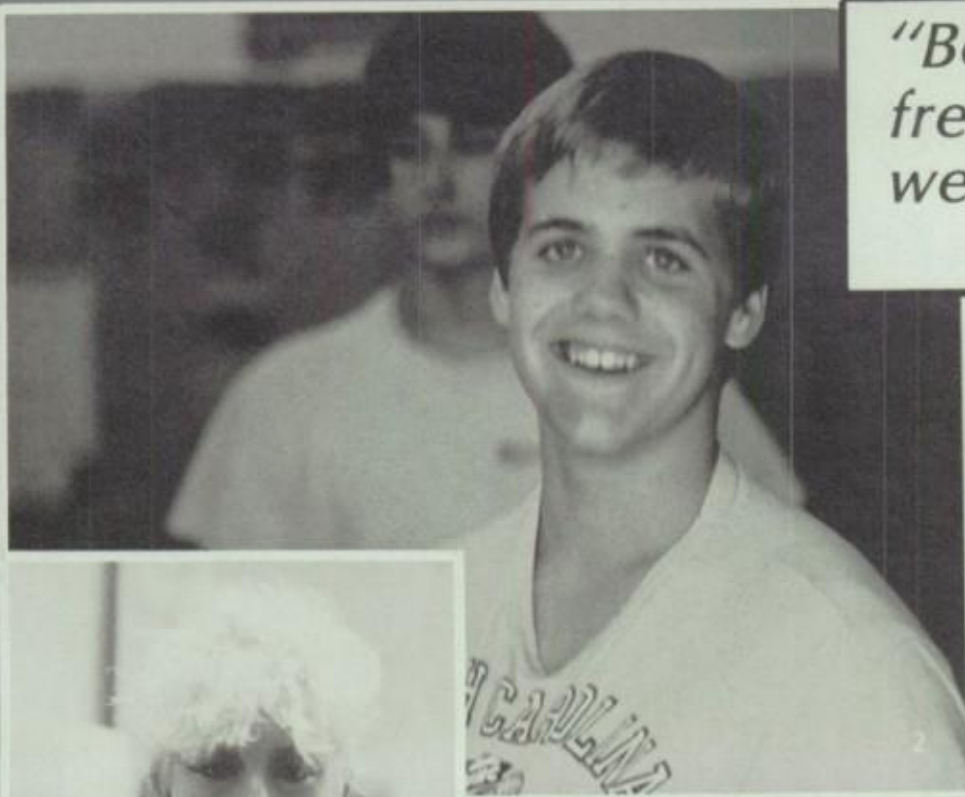


Norris, Todd
Olsen, Jennifer
Olson, Lawnee
Olson, Tom
Orozco, Damian
Osorio, Amalia



Padilla, Jim
Page, John
Page, Bill
Pao, Roger
Paradzick, Curtis
Parsons, Dana





"Before you put down freshmen, remember you were one too!" **STEPHANIE SOUTHWORTH**



Parson, Tom
Patel, Kaushik

Patterson, Stacy
Pauline, Sharon

Peterson, Kristine
Pietarila, David
Pilafas, Laura
Pille', Beth

Pino, David
Piraino, Jeff
Polzien, Kai
Poon, Edward
Potter, Cary
Powell, Michael

Powell, Raelyn
Pratt, Kelley
Prentiss, Doug
Pressley, Pamela
Price, Don
Prifer, Linda

Prutz, Jennifer
Puate, Juan
Ramirez, Erica
Randall, Timothy
Rashidi-Fard,
Shaghayegh
Rausch, Lara

Ray, Debbie
Reed, Shawn
Reinhardt, Lynne
Reis, Gena

Reuben, Deborah
Reyes, Cheryl
Richardson, Scott
Ricker, John

1. Enjoying their meal, these freshmen experience the wonderful selection of cafeteria drinks and sweets. 2. Taking a breather in the weight room, **Dave Curtis** gets ready to add more weight to the bench press. 2. Finishing her class assignment **Jennifer Olson** awaits the bell to talk with her friends at lunch.

"The best part about school lunches is the malts and cookies."

JENNIFER WOLYNETZ

Riddet, Stephanie
Ridill, Deena



Robb, Jennifer
Roberts, Shari



Roberts, Tara
Robinson, Jennifer
Rodriguez, Marcia
Rogers, Matt



Rolph, Renee,
Romines, Shelley
Rondeau, Lisa
Rose, Andy
Rose, Leslie
Rose, Scott



Rostoker, Nicole
Rothwell, Robert
Ruffell, David
Rush, Dirk
Ryan, Amelia
Ryan, Brady



Ryan, Michele
Saba, Khaled
Sadey, Lynn
Salmon, Margaret
Samano, Gerardo
Sammons, Laura



Samuelson, Craig
Schluntz, Julie
Schmidt, Sherry
Schoeny, Don



Schofield, Julie
Schwing, Eric
Sears, Shannon
Senior, Joe



1. Hanging on to the receiver, **David Fowers** calls a friend to come pick him up in front of the gym. 2. Observing the pep rally, **Lawnee Olson** enjoys this EP with her classmates. 3. Viewing the Songleaders, these freshmen enjoy the EP break with the spirit promoters!



Senior, Robbie
Senkbell, Eric
Sepehri, Sepideh
Seymour, Stacy
Shafer, Shannon
Shah, Raju

Shale, Martin
Shannon, Julie
Shannon, Margaret
Shaw, Nisha
Sheehan, Rob
Shepard, Stacy

Sherrer, Elizabeth
Shreve, Tracey
Sibbrel, Jennifer
Sidal, Esra
Silber, Todd
Simpson, Julie



Sivak, Emery
Size, Karin

CLEVER CUBS



Skousen, David
Skupien, Michael



Slaughter, Jennifer
Sloot, Wendy
Smith, Kathia
Smith, Veronica
Snodgrass, Wendy
Sorrentino, Mark

Southworth,
Stephanie
Sovern, Doug
Sovronec, Yannick
Springer, Laurie
Stallings, Ryan
Stead, Sherry

Stearn, Laura
Stetter, Mike
Stiglbauer, Lara
Stoker, Scott
Stone, Chris
Stubler, Amy

Stubbs, David
Sutton, Cheri
Taft, Scott
Talbot, Mathew
Tanaka, Hiroe
Taylor, Bryan



Thibedeau, David
Thomas, Stacie
Thompson, Ivan
Thompson, Bob
Tipton, Erik
Torri, Chris



Trask, Jason
Travers, Todd
Treptow, Linda
Trotta, Carolyn
Tullar, Steve
Turi, Grace



Tyce, Christine
Tyler, Holly



FEISTY FROSH

Umbreit, Eric
Urbani, Michael



Vandorn, Darryl
Vasquez, Kim
Vassar, Suellen
Venzani, Marco
Vickery, John
Victor, Therese



Vidvarthi, Pius
Vora, Prema
Wachal, Wendie
Wagnon, Jill
Walczewski, Daniel
Walker, Laurie



Wain, Eric
Ware, Michelle
Wares, Michael
Webb, Thanos
Wei, Yu-Jen
Weiss, Kimberly





"Wait and see 1986 is the class to be."

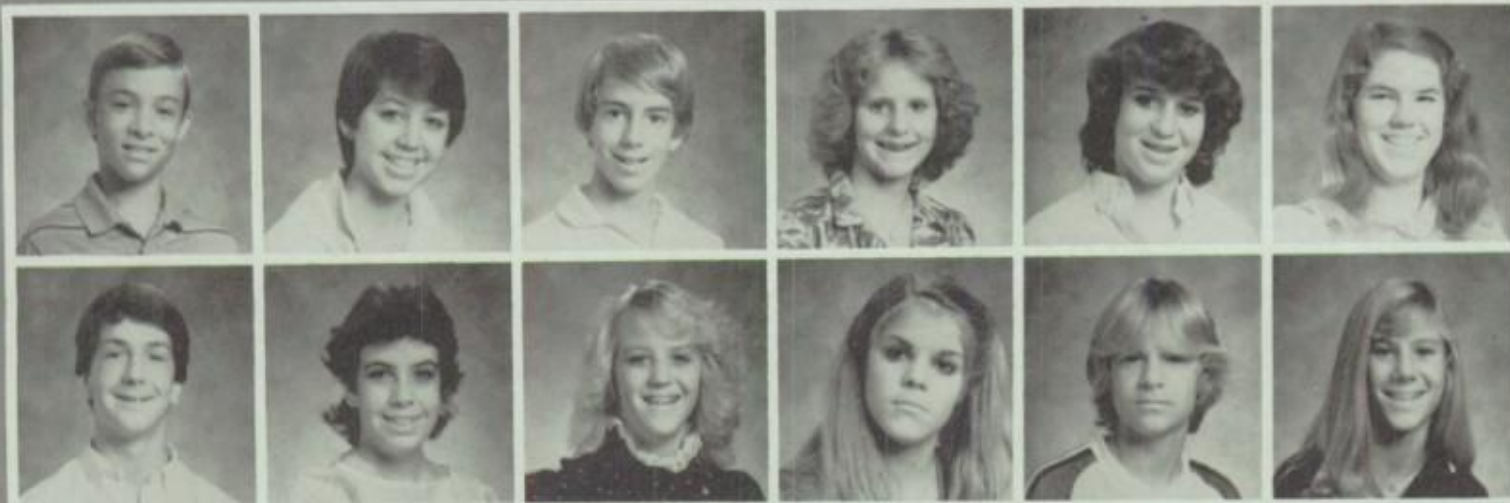
JACKIE YOUNG



Wemple, Shayne
Wend, Paul

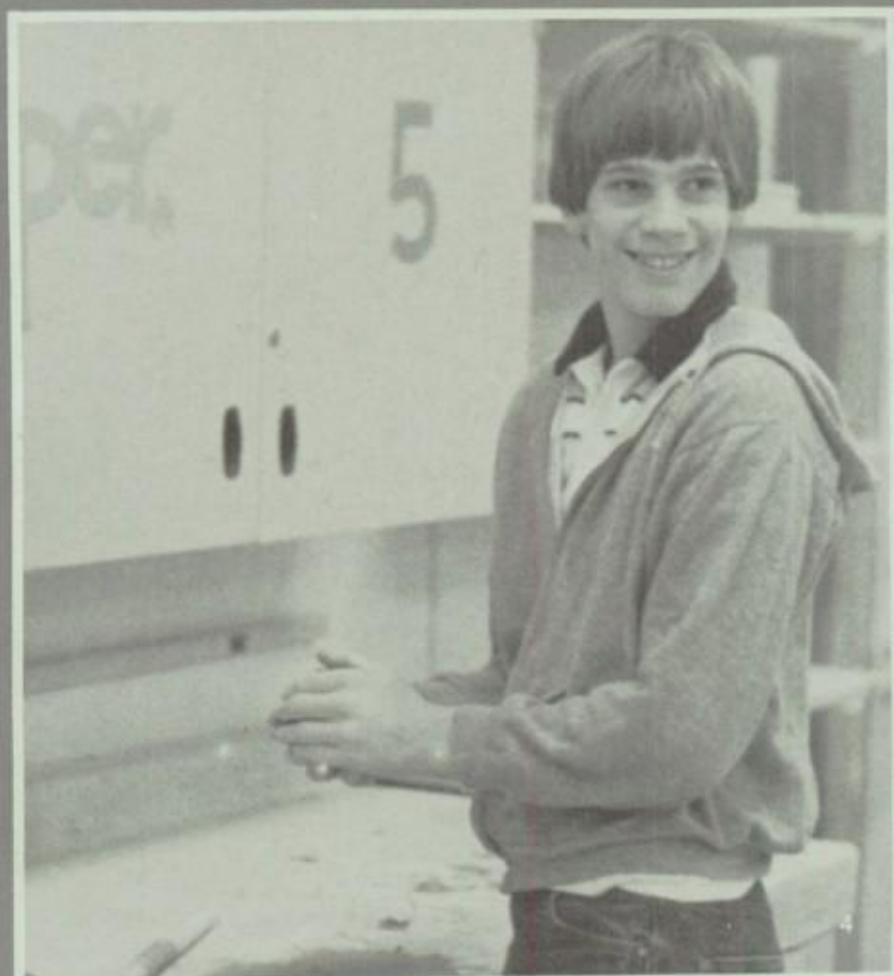


West, Michael
Whitesides, Lisa



Wienker, Stephen
Wiles, Elizabeth
Williams, Skeve
Wojciechowski, Tracy
Wolynetz, Jennifer
Yoha, Amanda

Yohn, Chris
Young, Allison
Young, Jacqueline
Young, Laura
Zaradnik, Kevin
Zimmerman, Kathleen



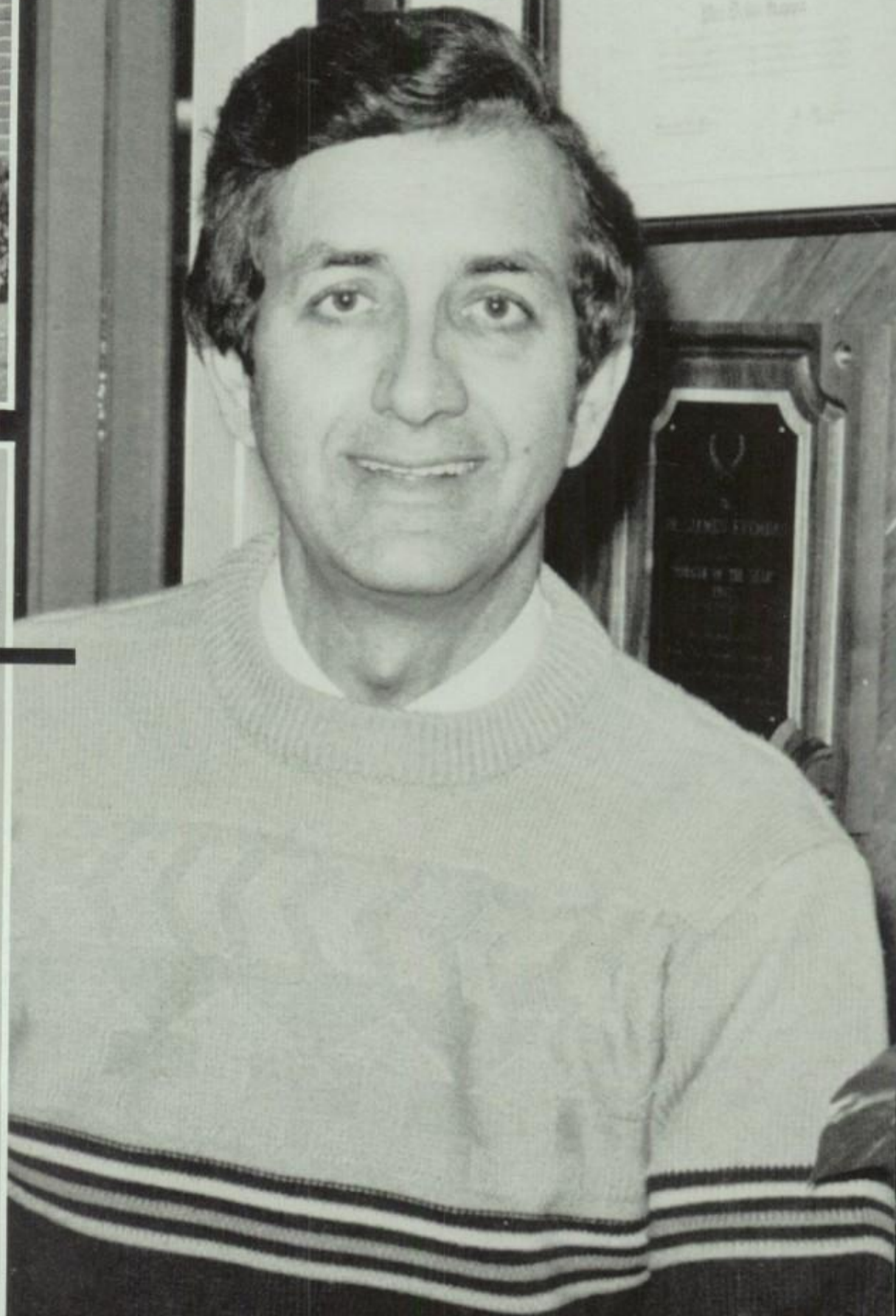
1. Amused by his peers involvement, **Scott Donohoe** eagerly watches the outcome of the class activities. 2. Gathering in the mall at their lunch break, these freshmen discuss the upcoming sports events. 3. Assisting her friend, **Stephanie Southworth** explains the algebra problems for tonight's homework. 4. Wedging clay, **Dave Ruffell** prepares for his first vase project.

FAMILIAR

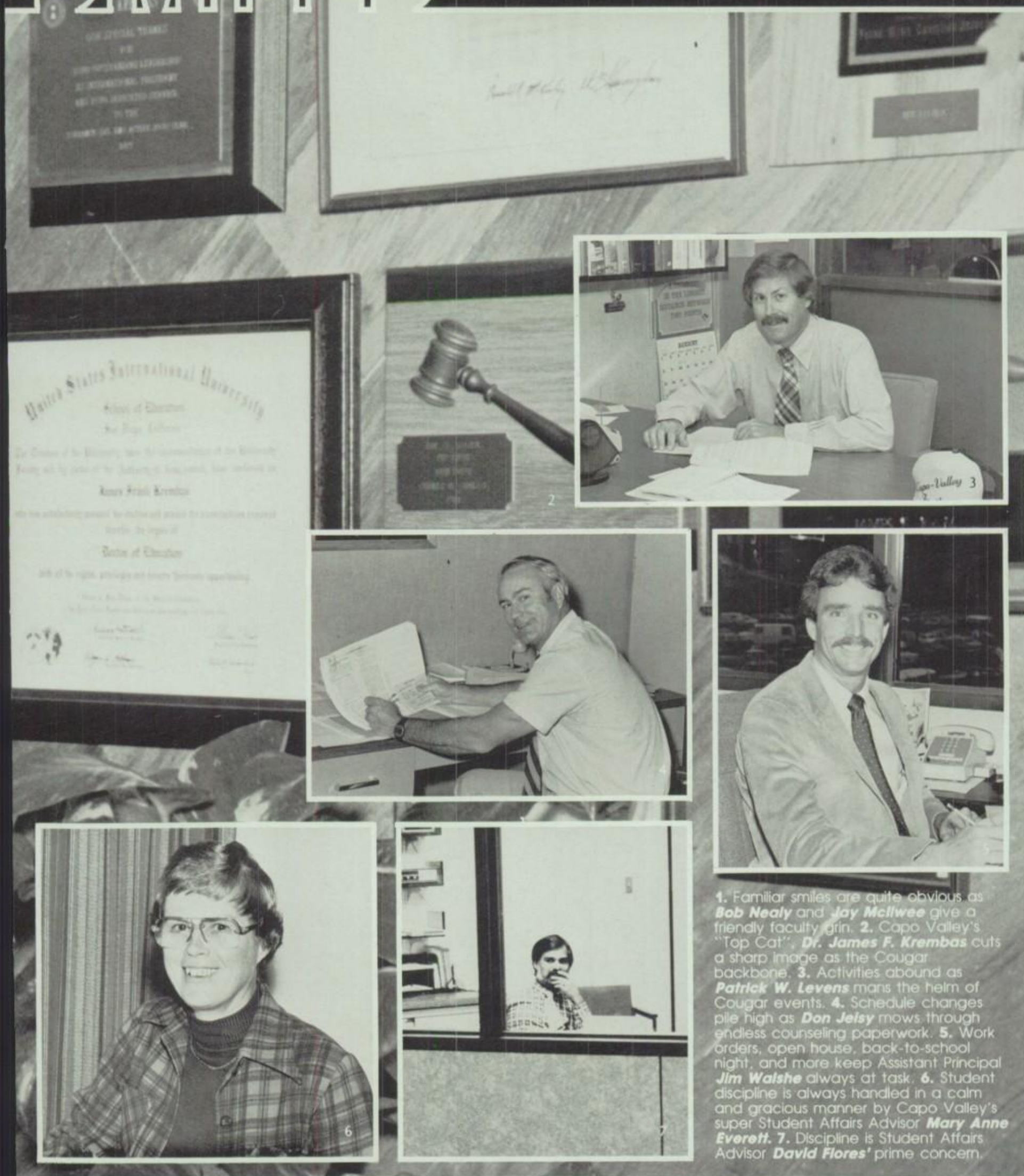


BACKBONES OF LEARNING

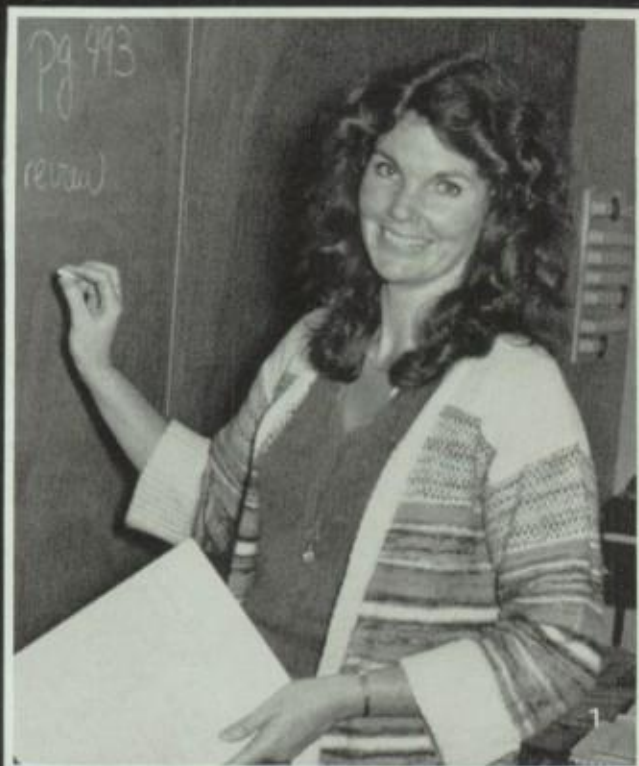
Throughout the school year teachers constantly influence the thoughts of every student. They assumed a massive responsibility in the education and maturation of the student body. Instructors devoted time and effort. Although they seemed an oppressive band, living only to assign homework and drill the students, by year's end individuals recognized their importance. Teachers were indeed human beings. Their task was not easy. But as relationships developed students understood their educators as friends and not enemies. Teacher guidance was crucial to the never-ending struggles students faced each day. The instructor's objective was to teach but tutors at Capo Valley contributed so much more to the minds and hearts of the students. They opened up vast avenues of exploration and discovery. Only now can students extend their appreciation. As individuals grow into mature adults they remain thankful to their teachers, a vital force in the educational system.



SMILES

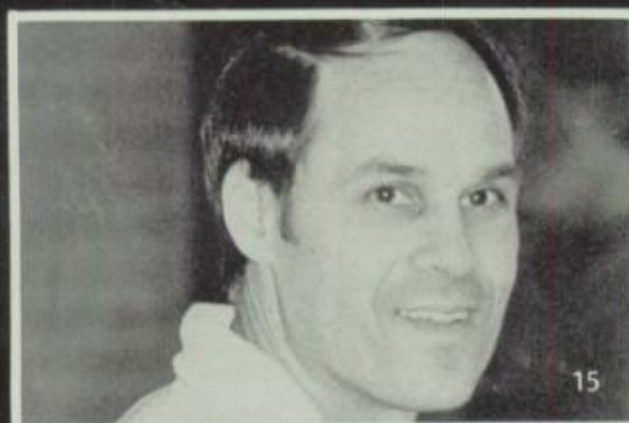
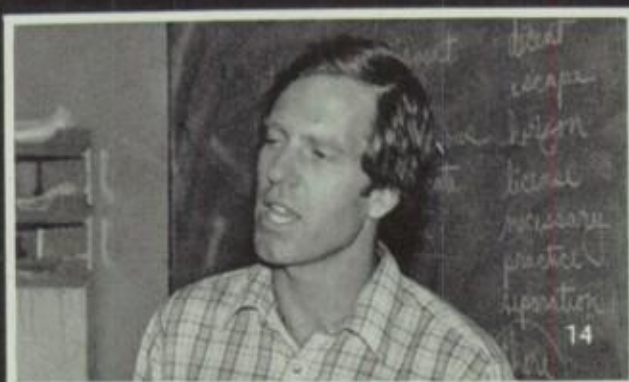
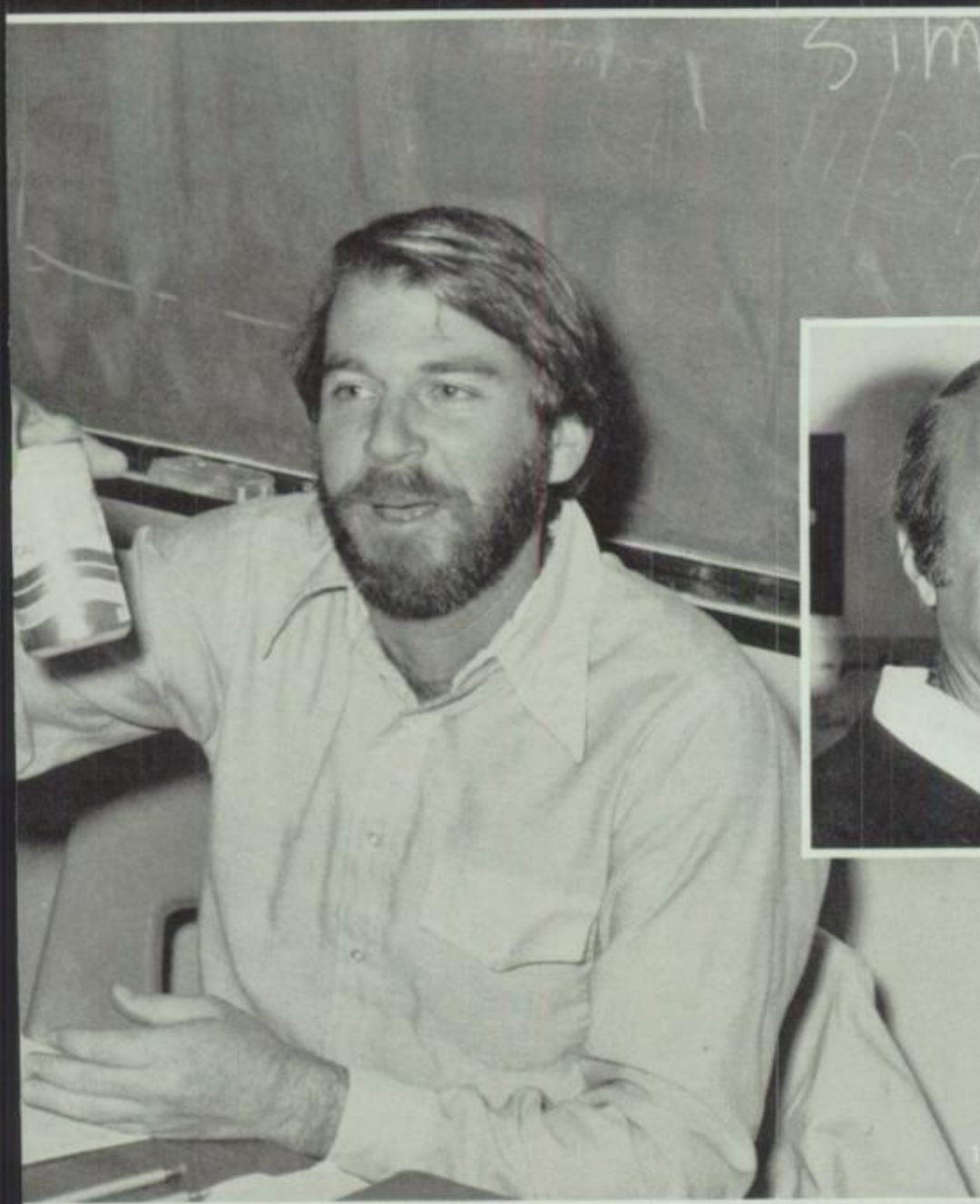


1. Familiar smiles are quite obvious as **Bob Nealy** and **Jay McIlwee** give a friendly faculty grin. 2. Capo Valley's "Top Cat", **Dr. James F. Krembas** cuts a sharp image as the Cougar backbone. 3. Activities abound as **Patrick W. Levens** mans the helm of Cougar events. 4. Schedule changes pile high as **Don Jelsy** mows through endless counseling paperwork. 5. Work orders, open house, back-to-school night, and more keep Assistant Principal **Jim Walshe** always at task. 6. Student discipline is always handled in a calm and gracious manner by Capo Valley's super Student Affairs Advisor **Mary Anne Everett**. 7. Discipline is Student Affairs Advisor **David Flores**' prime concern.



1. With newspaper and English classes, **Karen Winn** finds herself always preparing and "at the board". 2. A conscientious **Sue Rader** somehow finds time to manage the MTM program, Mock Trialers and English 1. 3. The key to all knowledge is in books and **Georgette Smith** helps Capo students find that out. 4. Counseling skills are critical to **Marian Vertrees** as she tries to understand the English I mind. 5. Freshman English is always full of surprises for **Sharon Cole**. 6. Joy overcomes **Debbie Burdysaw** as she tallies above average scores for her Reading Development classes. 7. A dashing **Ken Kaefel** presents English II lessons like you've never seen before. 8. Hamlet comes alive as **Sharon Birkeland** explains Shakespeare in her World Literature class. 9. English grammar is a critical point to **Carolyn Blake** and her composition classes

Practical Professors



10. Lessons on creative writing give **Ron Willms** a challenge as he divides his interests between English and soccer. 11. College admission is a major issue as **Patty Lambert** expresses joy at correct answers in College Review class. 12. Writing about a Diet Pepsi can presents a challenge to **John Veeh's** Intermediate Composition classes. 13. Sports writing is a prime topic in **Eric Patton's** Intermediate English class. 14. Nuclear war, pro or con? **John Maltino** will help his students see all sides in his American Cultures class. 15. **So you thought you could write?** **Richard Victor** will bring it all home as he prepares his A.P. classes for future college requirements. 16. The magic of *The Great Gatsby* comes alive with **Judy Jaussaud's** presentation in her American Literature class.



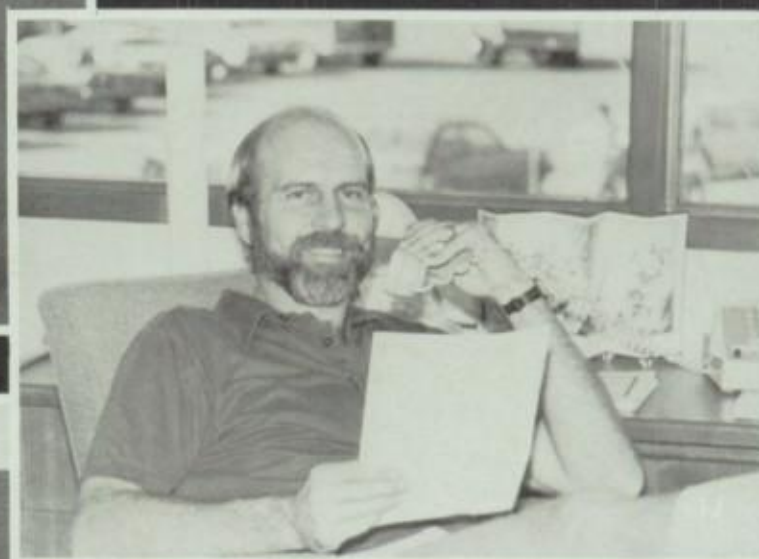
Competition: Character Builder

The Physical Education department deserved recognition as a viable source of instruction and education. Reputation is due to the coaches and advisors who not only trained their athletes with special insights to competition but also shaped their personalities. It is evident that practice and discipline do not complete the sportsman. Guidance and determination to enjoy their individual athletic endeavors contributes to the making of a well-rounded human being. Those who encourage talent provide a foundation which acts as a firm base for hopeful athletes to build from. Importance was equally placed on winning and pride. Students were encouraged to act as a unit and should personalities conflict teachers were to settle differences. With coach support and instruction successful individuals performed as professionals. Each advisor took special interest in team members, refining techniques and specific skills. A great debt is owed to the coaches and their staffs for enhancing the maturation of each student whether he or she becomes a professional athlete or corporate president. The knowledge attained through competition will last a lifetime.

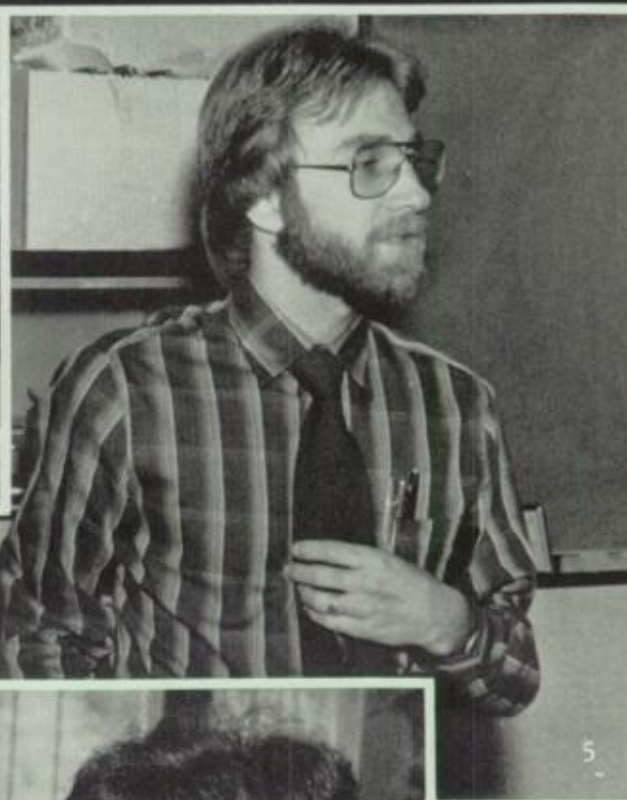
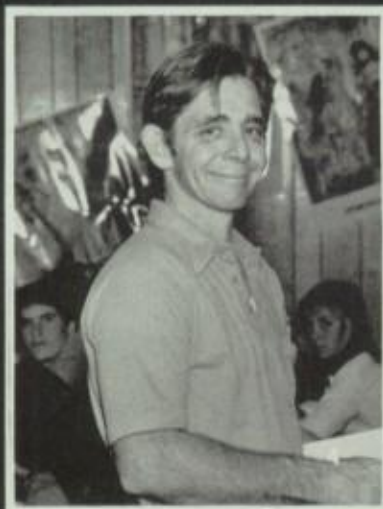
1. Basketball is utmost on the mind of **Mark Thornton** as he lounges in the coaches office. 2. Capo students always find a friendly smile and a helping hand from SDC teacher **Mike DeGeer**. 3. Beyond a day of coordinating the Work Experience program, **Stan DeMaggio**, with the assistance of Sherlock Holmes, times the CV football games. 4. Driving skills are honed as **Bill Rolfe** instructs his class on the rules of the road. 5. The Resource Specialist Program never has a dull minute with **Dale Drager** at the helm. 6. The Capo athletic program keeps **Harlan Peet** on his toes as Athletic Director.



Talented Tutors

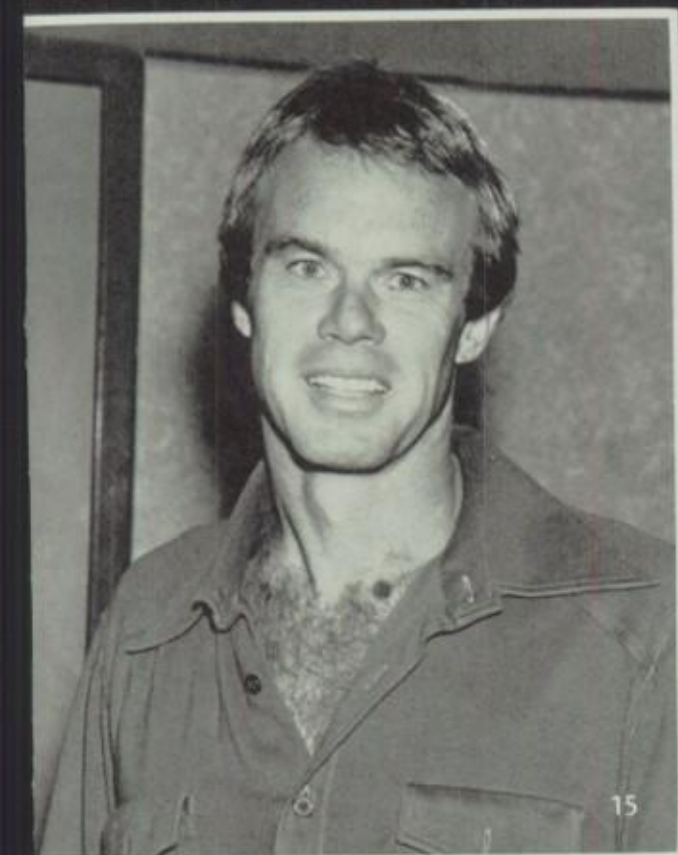
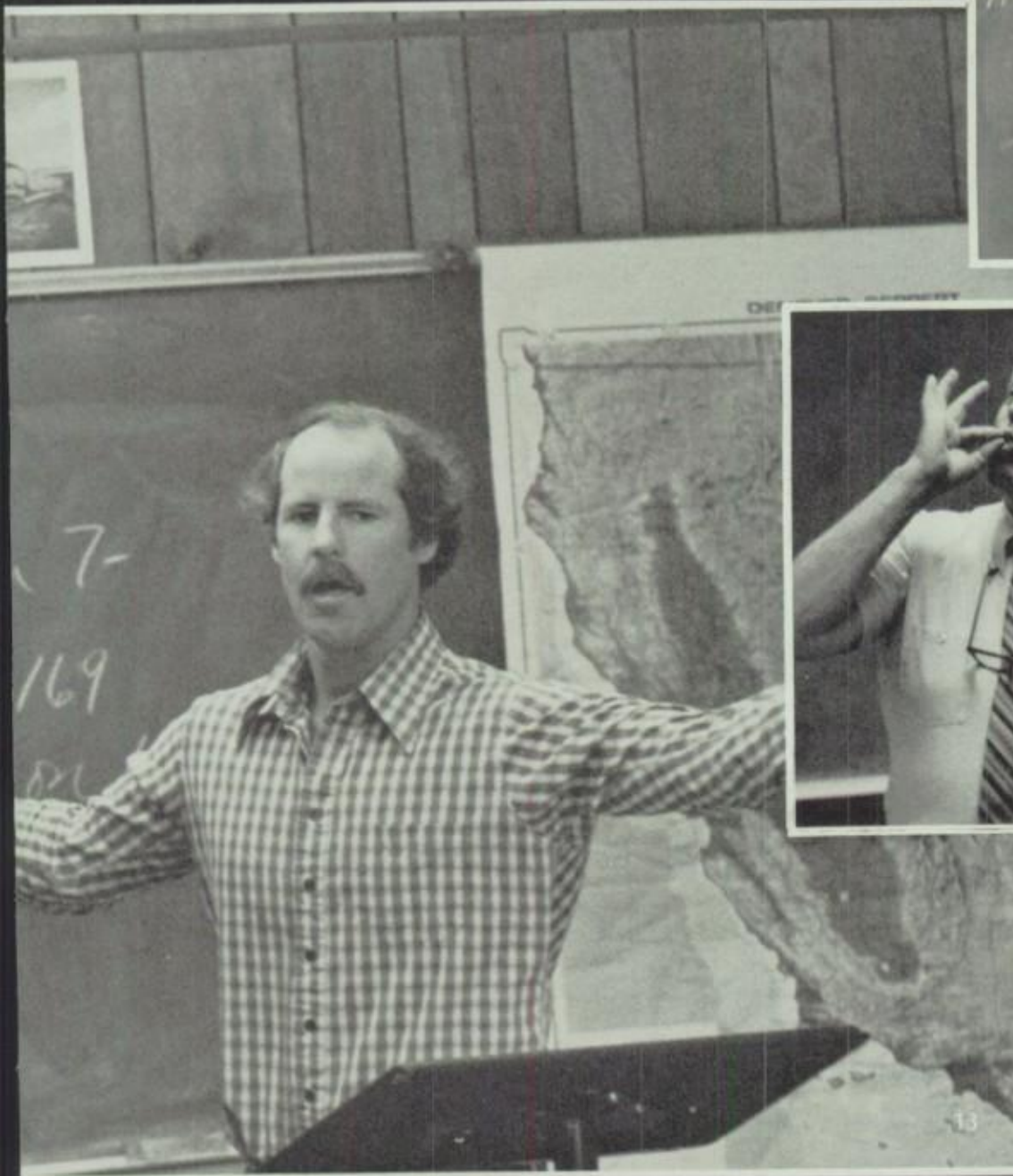
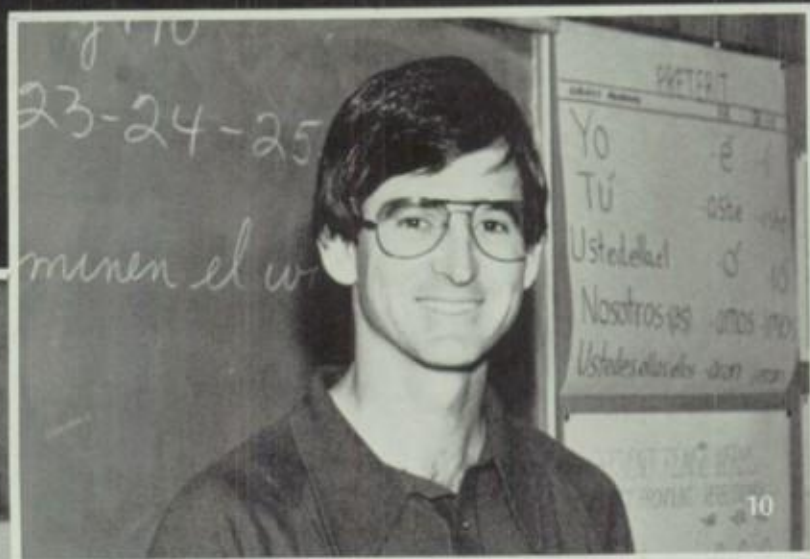


7. Gymnastics and athletics play a major role in the life of **Debbie Allen** as both coach and instructor. 8. Always at the ready, **Robble Schmitz** prepares for a smashing game of tennis. 9. Hard hitting **Dick Enright** coaches the Cougar football team to league championships year after year. 10. Duece, add-in, and set is generally the way the tennis score goes when tennis coach **Vicki Juneman** is on the courts. 11. With lots of experience as a L.A. Rams cheerleader, **Sharyn Kelly** shares her expertise with Cougar fans. 12. Future plans are formulated by **Bill Steinriede** as he tries to schedule surfing, coaching, and running marathons in his busy week. 13. Keeping the girl's locker room in order and coaching volleyball keeps **Debbie Stroup** always on the move. 14. In or out of the water **Terry Stoddard** is always up to something fishy. 15. Besides coaching **Dave Elecchi** finds singing and playing his guitar another form of personal expression.



1. In her 3rd period Reading Development class, **Carol Looney** happily hands back homework with good results. 2. The melodic voices of **Mike Todd** and **Bill Hoffman** resound as they take time out of teaching Social Science to perform in Capo Valley's 50's band the "Grease Rats". 3. French comes easy to **M.C. Henderson**, a native of France, as she shares her language and experiences with her french students. 4. Foreign students get a helping hand from **Bob Moore** as he assists them with the English as a second language program. 5. Capo Valley's 1982-83 Teacher of the Year, **Ken Sayles**, keeps up his outstanding efforts by always meeting the needs of CVHS students. 6. Speaking spanish is always a challenge to **Cathy Joyce's** new learners of a foreign language. 7. Giving notes to her Spanish 1 class, **Diana Atkins** takes pride in teaching her students and watching them learn. 8. After a Spanish IV lecture, **Ella Glaser** chuckles at a little latin humor. 9. The german language always presents a new challenge for the new students in **Beth Gibb's** class.

Liberal Leaders



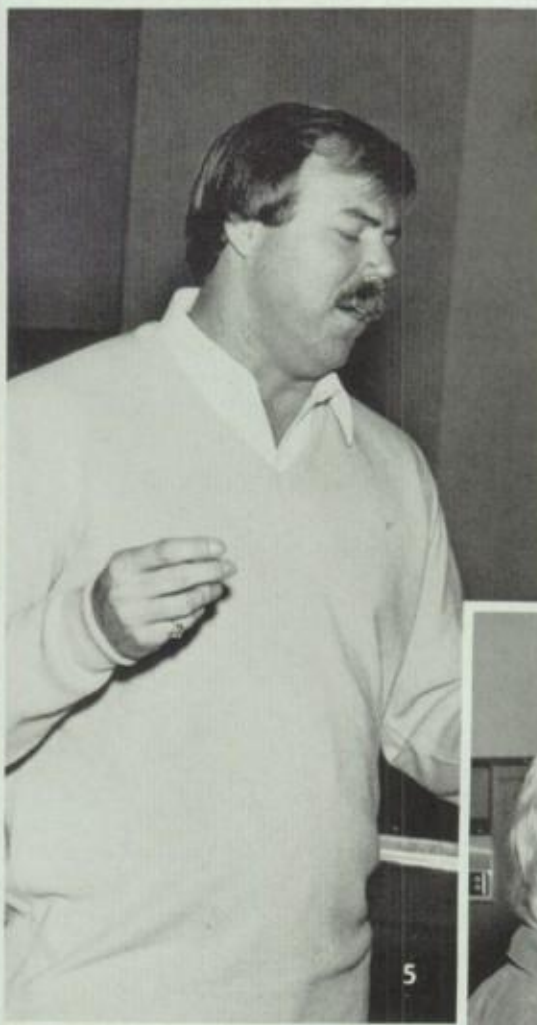
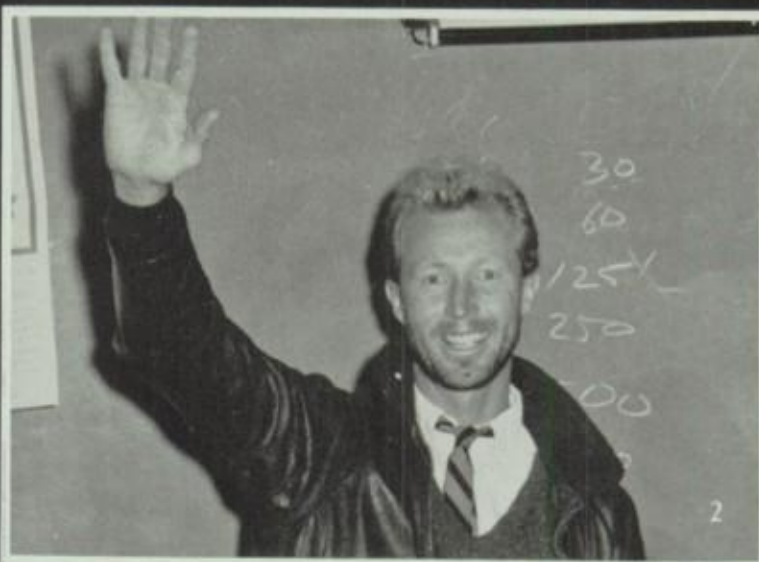
10. Blending Spanish and baseball is always a challenge to Capo's **Bob Zamora**. 11. Always playful, **Colonel Lyle Frost** demonstrates a yellow-belly- sap-sucker bird call to his 2nd period CWP class. 12. Events of World History come alive as **Ron Long** presents all the details of our past heritage. 13. Enthusiastic about his lectures, **Craig Anderson** raises his arms to arouse energetic participation. 14. American Government is the critical class for seniors and **Tom White** always presents the pros and cons of the issues. 15. The origin of our nation is related to Capo students in vivid detail by **Bob Nealy**. 16. Starting his 3rd period Social Science class, **Paul Pflueger** gets ready for another dynamic lecture.



Creativity: A Major Concern

Students at Capistrano Valley had many opportunities for self expression. Classes in the art department such as Ceramics, and Drawing and Painting allowed students to pursue artistic excellence. But for students to reach their goals they had to be guided through each careful step with the instruction of the teachers. Another area dependent upon instruction is the business department. Students seeking a profitable future in the rising corporation ponder the advice of their gifted teachers. By providing a business-like atmosphere students learn the basics of management and accounting. Teachers assume a large responsibility, influencing the futures of many a student. By combining an educational environment with an interesting perspective on the subject the students are enlightened intellectually as well as personally.

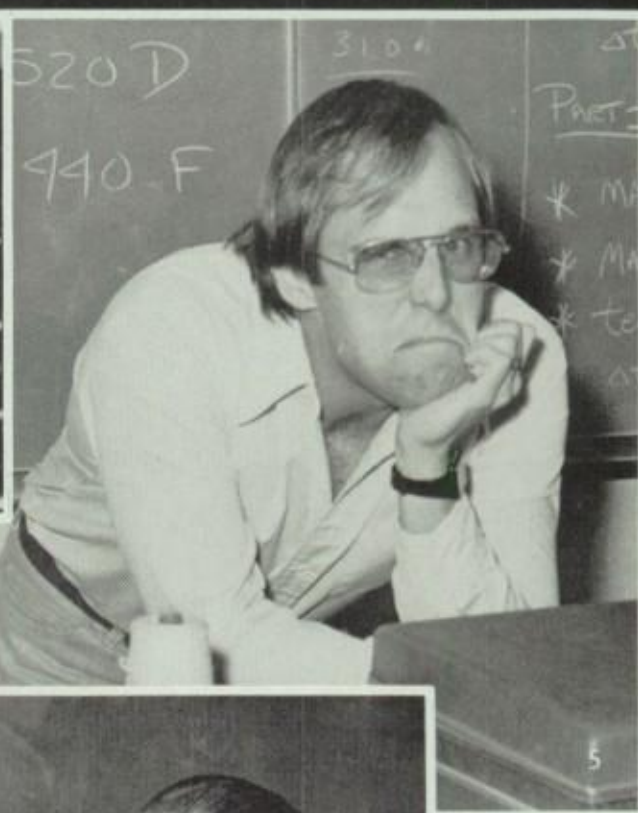
1. Delighted with her ceramics classes understanding the forming of clay, **Carol Booth** begins to demonstrate glazing techniques. 2. Thrilled over his purchase of the "Indiana Jones" jacket, **Jay McIlwee** has completed his versatile wardrobe and will continue working faithfully with his photography classes. 3. Overwhelmed by the stress and strain of yearbook, **Lisa Dallendorfer** tackles her classes with the patience of a saint. 4. Lecturing to her Survival of Singles class, **Sue Zaller** enjoys her first year with the Capo faculty and students. 5. Capo Valley is lucky to have the professional expertise of **Bob Perry** as he shares his knowledge with our music department. 6. Reviewing the steps to which an engine is removed from an auto, **Carl Macey** makes sure that the care and feeding of the vehicle is clear.



Flashy Faculty



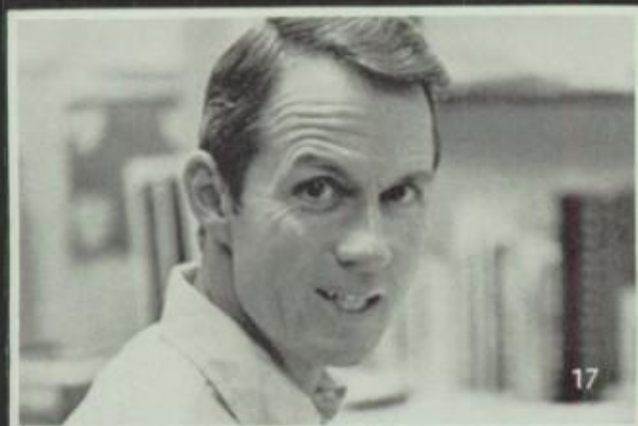
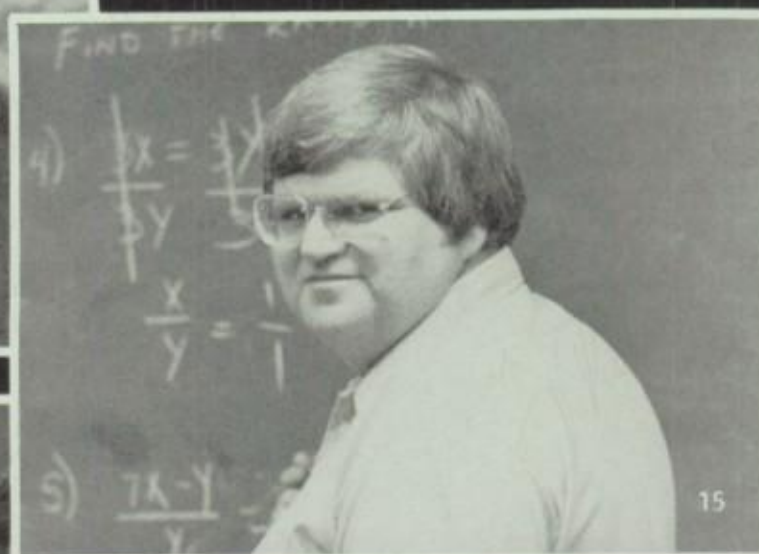
7. Singing a romantic melody, "Mae West" greets Industrial Arts instructor **Dick Christensen**, who is elated over the break in the everyday grind. **8.** Living in today's society is a real trick, but with the help of **Gay Veeh** and her S.O.S. class survival is possible. **9.** Sharing her business knowledge on a typing assignment, **Darlene Linnig** is always developing new speed timings that challenges the ambitious typing students. **10.** "Mae West" wishes Drafting teacher **John Baker** a happy 50th birthday as the entire faculty observes his crimson glow. **11.** Accounting is a must in personal future financing and **Deana Pietrantoni** shares some of her business secrets. **12.** Marching Band, Orchestra, Symphonic Band and Jazz Band keep **Lynn Olinger** always leading a group to a game, parade or concert. **13.** You too can run your fingers across the typewriter keyboard with the help of **Marshall Adair** and his Typing class. **14.** Finishing with the xerox machine, **JeJe MacDonald** gears up for the opening night of the play, "Importance of Being Earnest", which was under her direction.



1. Elated over anatomy and physiology test scores **Jan Pluemacher** records the good news. 2. "Acting" Principal **Cathy Rehn** queries the district about new horticulture wing. 3. On his way to A.P. Biology **Ray Panici** shows his delight after downing a midmorning Coca Cola. 4. Marine Ecology class gives **Brian Manning** the chance to explore his major interest - the sea. 5. A fearsome **Carl Babb** puts his evil eye on his 4th period Chemistry class as test scores are revealed. 6. Chemistry always poses new problems and solutions for **Debbie Sexton** and her classes. 7. A well prepared **Randy Gish** heads to his Algebra class to present another electrifying lecture. 8. Algebra II presents **Bob Janko** with daily challenges from his math wizards. 9. New Yorker **Paula Spadaro** uses her eastern expertise by creating and coordinating geometry assignments.



Mind Molders



10. Debonaire **Habib Mohit** shows his savoir faire as a desperate math student approaches. 11. Returning from the teachers lounge, **John Gipe** creates a quiz for his chemistry class and plans his strategy for a volleyball game. 12. Dividing her time between Math and Drill Team, **Marlene Singh** presents the solution to current theorems. 13. Guiding her College Review math students to the correct solution, **Lee Vochko** introduces a new aspect of a formula. 14. Rejoicing to his surroundings, **Tom Stringer** applies his Biology skill in the examining of the "Mae West" impersonator! 15. Algebra's magic missing numbers materialize with the guidance of math instructor **Pete Wilt**. 16. Math pro **Sharon Stratton** shares her mathematical secrets with puzzled Capo student. 17. Computer wiz **Paul Lane** discusses software trends for future course application. 18. Informing his students on the Intro Algebra test format, **Jim Gregg** gives attention to the importance of being understood and clear in test answers. 19. Advanced Algebra becomes a real challenge for the college bound, but with the help of **Paul Dye**, all problems can be solved.



1. Being the secretary to the Principal keeps **Marlynn Sedoff** always busy as she handles the many details of school management. 2. The Resource Specialist Program is running strong with the help and support of **Karen Kuss, Karen Peterson** and **Linda Lennig**. 3. With fingers ready **Pat Arntsen** is always at the keyboard preparing counseling memos and schedule info. 4. Registration is an on going process for **Carolyn Clark** as she programs another schedule change. 5. High school presents many challenges for students and **Fran Jackson** is always ready to lend a helping hand and listening ear as a guidance tech. 6. Boys' athletics is under control with **Henry Mikielwicz** in charge of equipment. 7. Capo's busy switchboard keeps **Karen Deluca** always at task. 8. Attendance problems are never critical with **Norma Banda** and **Myrna Allen** manning the windows. 9. Campus peace and order is a top priority to **Cathy Barker**, CV's grounds proctor.

Capo Sidekicks



10. The Cougar kitchen runs full tilt with the assistance of **Linda Smith, Beth Drazil, Nancy Hamm, Pat Faria, Mary Ida Trujillo, Bonnie Bistline, Edith Campbell, Linda May, and Pat Kinney.** 11. Career guidance is the subject of this query by **Jean Hunt** as she assists Capo students in their future plans. 12. The big business of school activities keeps **Willma Johnson** on the move as she tries to balance the books. 13. With a well turned calf and a happy smile, **Anne Ryan** is always available to carry out the needs of the Assistant Principal, besides being a great little tap dancer too! 14. "Cleanliness is next to Godliness" is the motto for Capo's custodial crew: Front row - **Fernando Rojas, Brad Dean, Victor Yerena;** Back row - **Larry Witten, Al Nelson, Rick Chidester.** 15. Future choices are guided with the help of **Carole Pulliam**, Capo's new guidance tech. 16. The Capo library is a great resource for learning as long as **Peggy Artale** and **Jeanne Wilson** are there for direction and help.

Robert John Ryan IV

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pretty & nice, and intelligent
girl. I hope you have the
best summer ever. I
know you will do well
in everything you do.

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Love ya,

Stuart (C.V.)

Stuart

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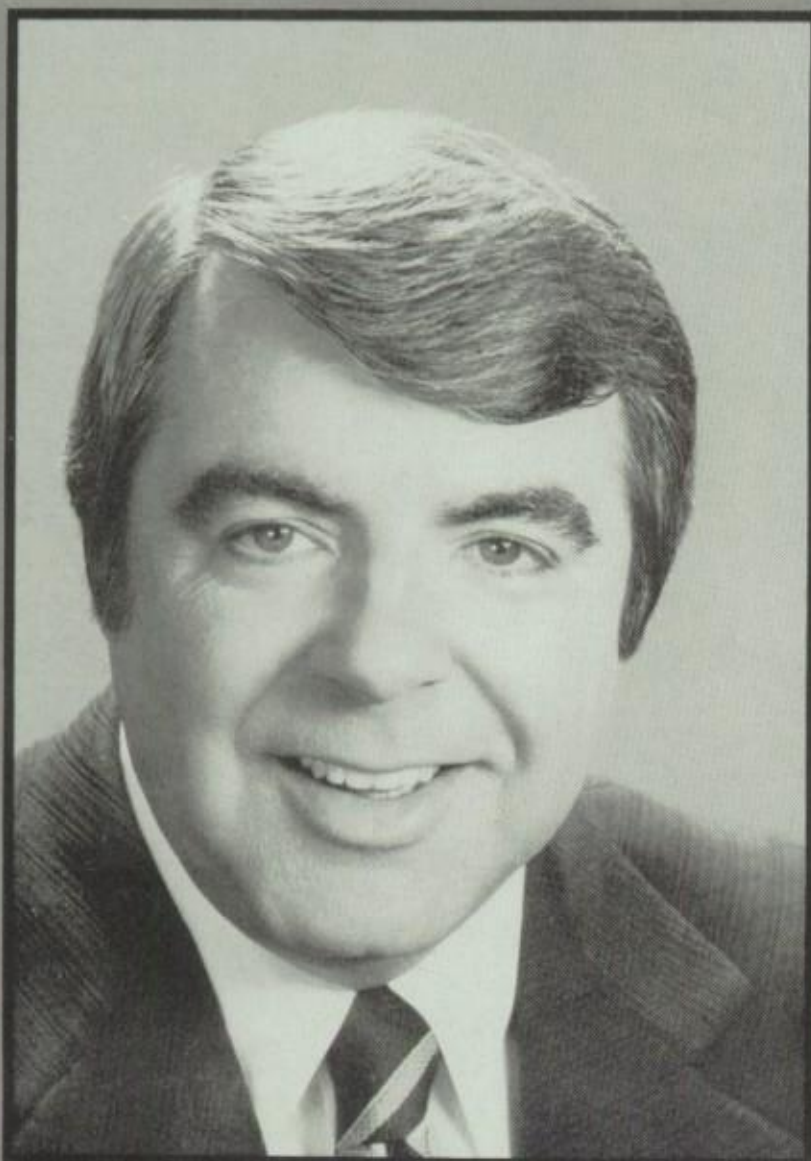
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1. Medical receptionist students of the R.O.P. program **Sharon Kellogg**, **Anna Orlow**, and **Nick Tran** practice their medical role. 2. R.O.P. small engine repair student **Dennis Duncan** at the Diesel/Automotive shop in San Juan Capistrano. 3. R.O.P. Offset printing students **Rosa Mendoza** and **Steve Marble** study the printing press at center's print shop. 4. Automotive students **Manuel Ontiveros**, **Scott Simonin**, **Chris Boyd**, **Pedro Pino**, **Kevin Gardetto**, and **Wayne Barnhoorn** are struggling with an engine at the Capistrano Valley H.S. auto shop.

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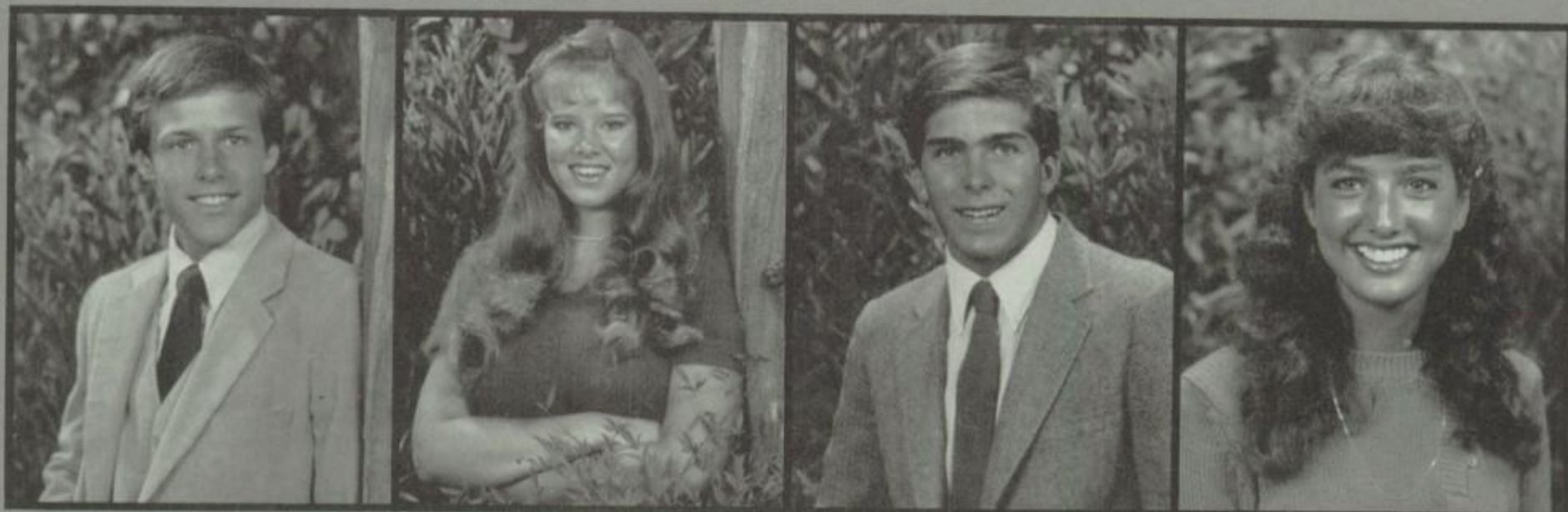
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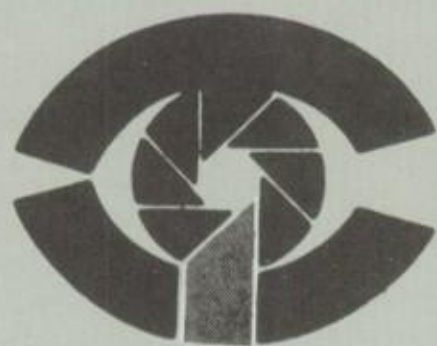
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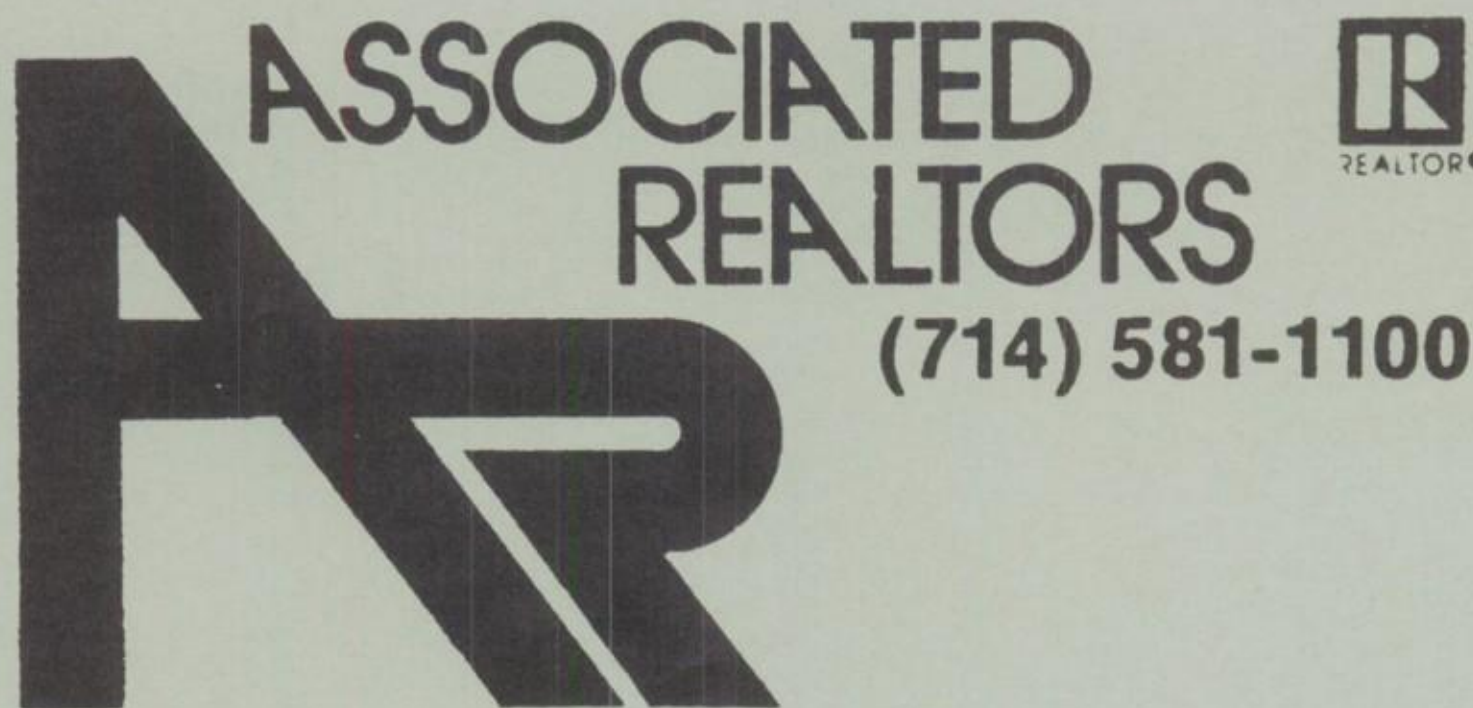
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1. Spending time together, **Paul Hunn** and **Kim Snow** were made for each other.
 2. Expressing her vocal talent, **Caroline Luebke** joins in with the "Grease Rats".



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1. With a cheerful smile, **Ginny Sherburne** joyfully works on a science lab assignment.
 2. Waiting for a friend in the mall, **Carolyn Hunter** reflects a sense of boredom.
 3. Homecoming rejects, **Lisa Vargo** and **Amy Chaska**, display good sportsmanship.
 4. Practice makes perfect is the motto behind which **Peggy Morrow** operates as she works on a new arrangement in the CV band room.
 5. Freshman ceramics student, **Shannon Skupien**, searches his locker for that lost trim tool.

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1. Halloween honeys, **Kelly Sive, Nicole DelPrato, Allison McKeever**, and **Missy Gabris** deliver Halloween-O-Grams. 2. Excited about the lettuce in her lunch today, **Shari Marks** shows off those "bunny white" teeth. 3. Capo Valley's Principal, **Dr. Jim Krembas**, is warmly greeted by a friendly "Mae West". 4. A goddess from heaven in the form of **Kelley Grant**. 5. Spirit was evident in **Jim Kennedy, Jeff Russell, Don Sedgwick**, and **Don Deleva** as they displayed their creative interpretation of the DOW squad.



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1. Karl Pittman, Brad Nichols, and Pete Boyd are attempting to recruit students for the U.S. Marine Corps on Halloween dress-up day. **2.** With her hair in bows and ready to go, **Cindy Mendoza** awaits the Halloween contest decision. **3.** Taking time to tie her shoe, **Tracy Pratt** carefully studies her opponents technique. **4.** **Haib Mohit** enjoys his conversation with the lovely female population at Capo Valley. **5.** Doing some last minute studying during finals week, **Manuel Alvarado** manages to keep his cool.



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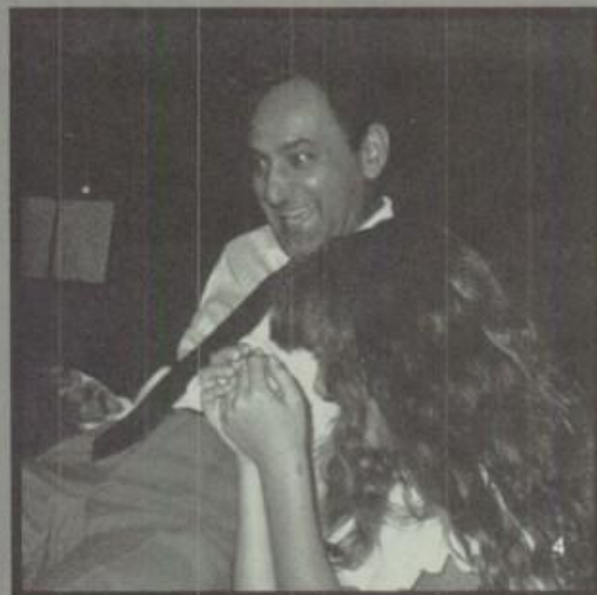
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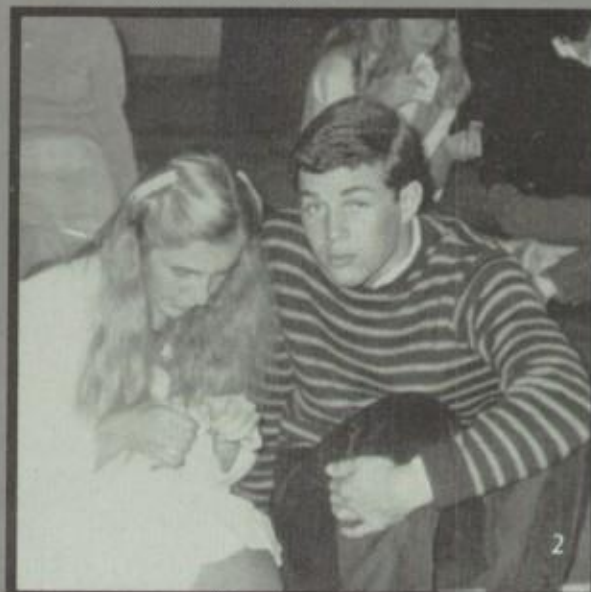
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1. Capo Valley's Marine Ecology teacher **Brian Manning**, daydreams of his upcoming Catalina voyage. 2. **Sean Parker** sweet-talks **Joslyn Hoffart** into going to the prom with him. 3. The Capo Valley Drill Team practices countless numbers of hours to prepare for competition. 4. **Scott Townsend**, senior class president, shows true determination to improve on his art potential. 5. The third hair cut this week on the head of **Gary Corner**.



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1. Macho men **Brian Shaw** and **Jerry Rosenthal** face off to arm wrestle in after-school antics. 2. Teacher of the Year, **Ken Sayles**, recuperates after a third period lecture. 3. School spirit overwhelms **Jennifer Morgan** and **Andrea Carter** during an EP pep rally. 4. Letting out his aggressions, **Mr. Jay McIlwee** pounds his stray cat. 5. Turning it loose at the 50's dance, **Bill Hoffman** of the "Grease Rats" gets the crowd going.

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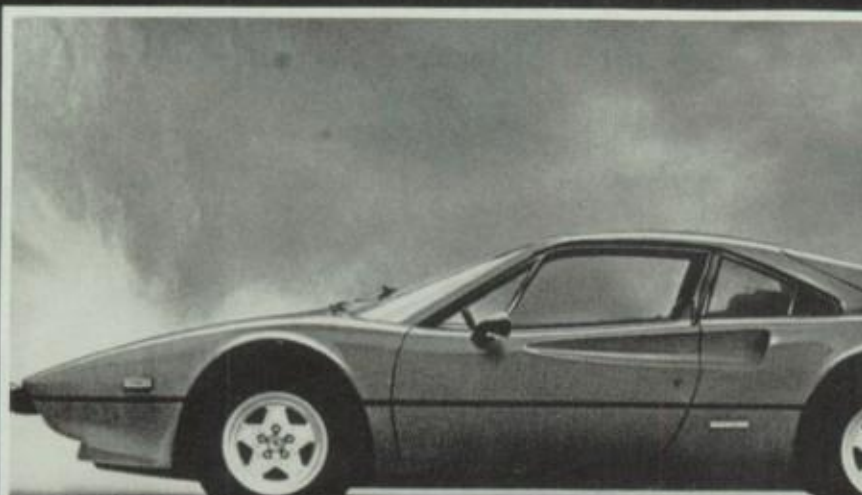
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TALLY OF FAVORITES

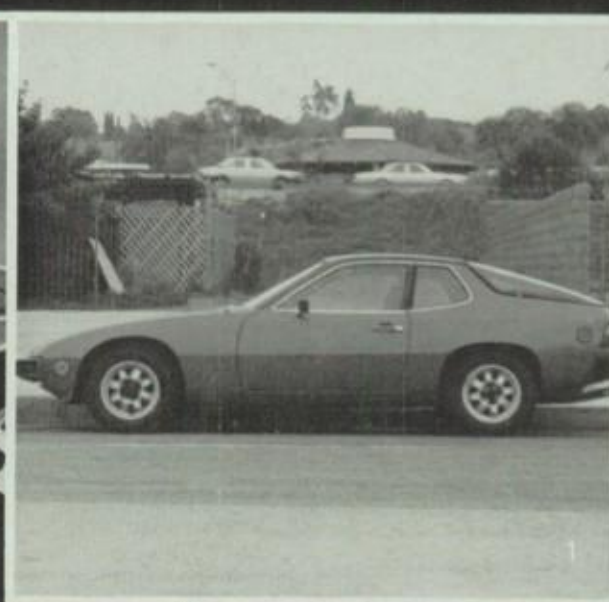
Cougar commentary is sometimes best defined by the dominating opinions shared by the diversified crowd. In order to preserve the special tastes of the 1982-83 class it was important to gather information concerning student favorites. Students shared likes and dislikes in relationship to the current opinions, but the personalities blended to produce a list of favorites that tended to enhance the exciting year. Students saw "E.T." and "Tootsie" as the best of current films. Transportation provided by cars such as Ferraris and Porsches were most popular. Students reflected traditional attitudes when deciding on whom they respected by choosing

their parents and friends as their most admired individuals. Fast food won hands down as the most popular eateries in the area and Grammy award winning "Men at Work" vied for every appreciative ear. Students were kept up to date with the keen journalistic probing of both **Gentleman's Quarterly** and **Seventeen**. Favorite T.V. show "Mash" ended its reign as a television series and left its audience tearfully. The distinctive attitude of the Cougar favorites played a large part in establishing the various moods of the campus, providing a framework of those popular characteristics which dominated the times.



CARS

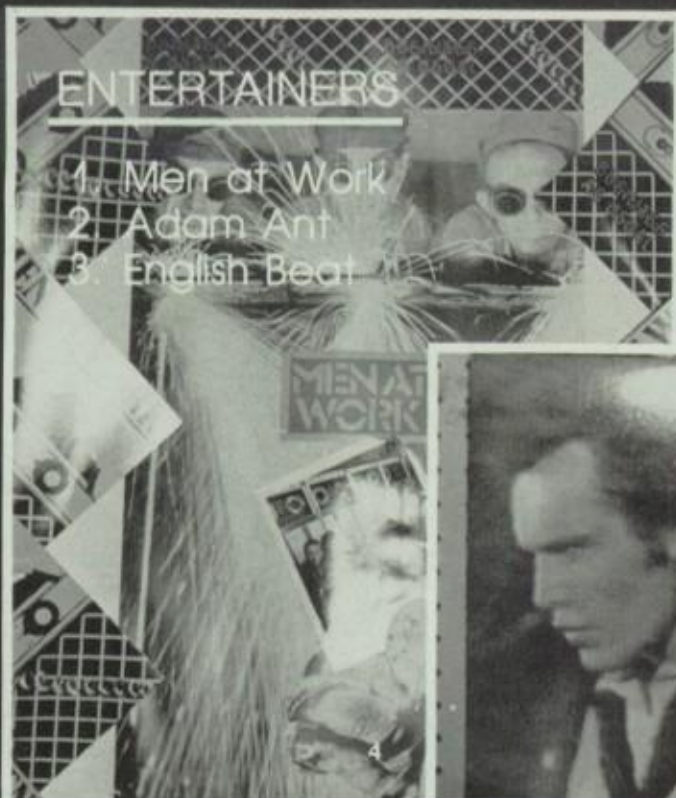
1. Ferrari
2. Porsche
3. BMW 320i



2

ENTERTAINERS

1. Men at Work
2. Adam Ant
3. English Beat



ADMIRER

1. Parents
2. Friends
3. Brother/Sister



3



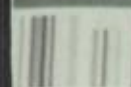
5

M*A*S*H, You Were a Smash

After eleven years of daring good humor, TV's first half-hour signs off

Longtime fans of the 20th Century-Fox series in Los Angeles took the last of the show's 11th season on a tour of the set. The show's creator, Larry Shue, and the show's stars, including Alan Alda, were on hand to greet the fans. The show's success has been a major factor in the network's decision to cancel the series. The show's stars, including Alan Alda, were on hand to greet the fans. The show's success has been a major factor in the network's decision to cancel the series.



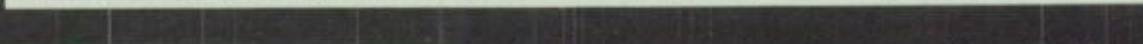


1. GQ
2. Seventeen
3. Time

1. GQ
2. Seventeen
3. Time

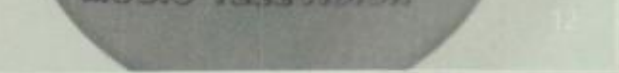


1. Tootsie
2. E.T.
3. Rocky III



1. Partying
2. Sports
3. Reading

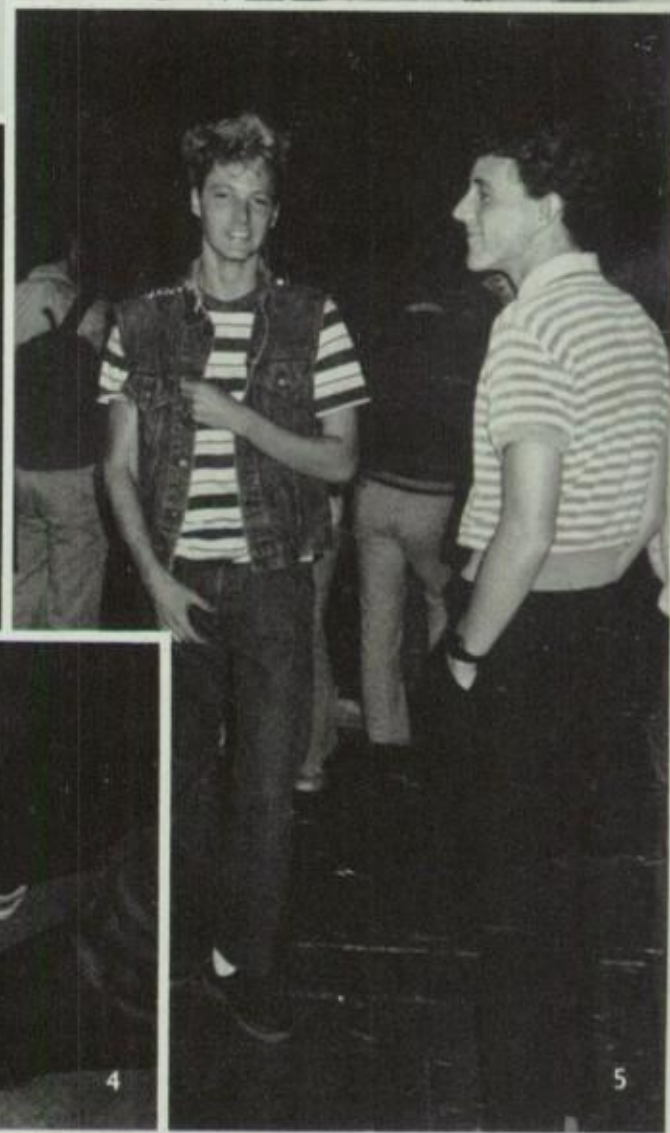
1. Partying
2. Sports
3. Reading



1. In-n-out Burger
2. Del Taco
3. Marie Calendar's

1. In-n-out Burger
2. Del Taco
3. Marie Calendar's

MTV, offers 24-hour music video and information about popular groups and performers.



1. A vast amount of donuts and milk were desired by all Cougar students. 2. An endless supply of chocolate chip cookies were a vital source of energy. 3. Overcoats dominate the Cougar's wrap apparel in and out of the rain. 4. Footwear gained notariety as men's fashions progressed with preppy flair. 5. Individualist **Gary Corner** sports his jean apparel through the mall. 6. A pensive freshman show off his new hairstyle to unimpressed friends. 7. Females put their best foot forward, showing off their stylish pumps. 8. A beret and scarf are part of this junior's "costume" as she witnesses another pep rally in the mall. 9. Vested sweaters as well as mini skirts were the favored fashion of Cougar cubs. 10. A competitive edge was introduced through student's excessive entertainment they derived from video games. 11. Minis adorn a group of giggling sophomores as they discuss evening activities. 12. Flashy junior **Mike Kortz** dons a unique pair of slacks that definitely set him apart from the crowd.



IN'S OF CAPO CLIQUES

Cougars continued to flit and flirt with the latest fads throughout the year. Outlandish garments from the 50's and 60's played a big role in the lives of the Capo Valley teenagers as they tried on each new outfit with a different attitude. Cougar manes sharply contrasted against an otherwise conservative disposition. People meshed in a pot-pourri of creativity. Black was a color and a feeling expressed by many a student. Students also gathered the buttons of their favorite musicians, adorning their hats and nostalgic long overcoats with them. Cougar

paws clicked in pumps colored by a rainbow palette as students skipped their way to success. Jeans were revamped in exciting colors to offset the individualistic moods of the school. Many students flocked to the favorite arcades for a round of Space Invaders, one of the many challenging video games. Video shows dominated the entertainment scene also. MV3 and MTV were popular shows which featured tunes combined with creative filming. The individuality of Capo Valley was expressive of the myriad tastes inherent in the Cougar psyche.



6



7



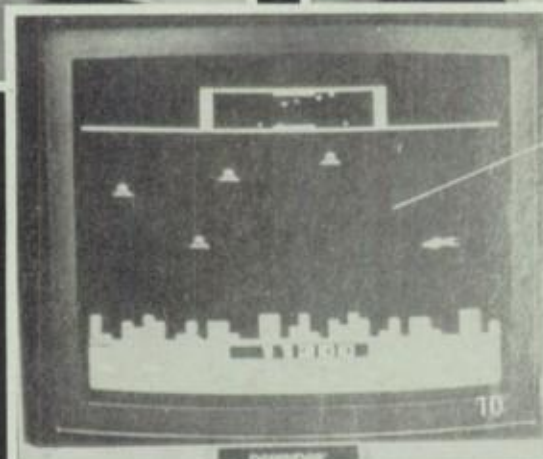
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9



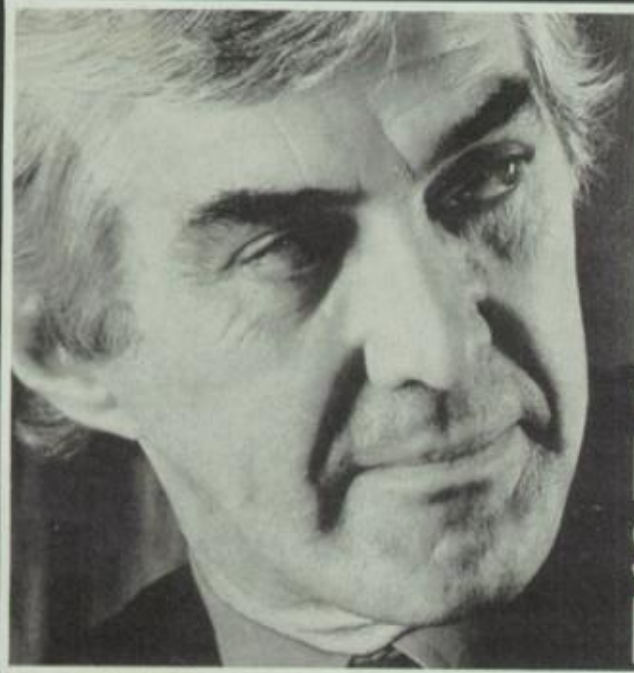
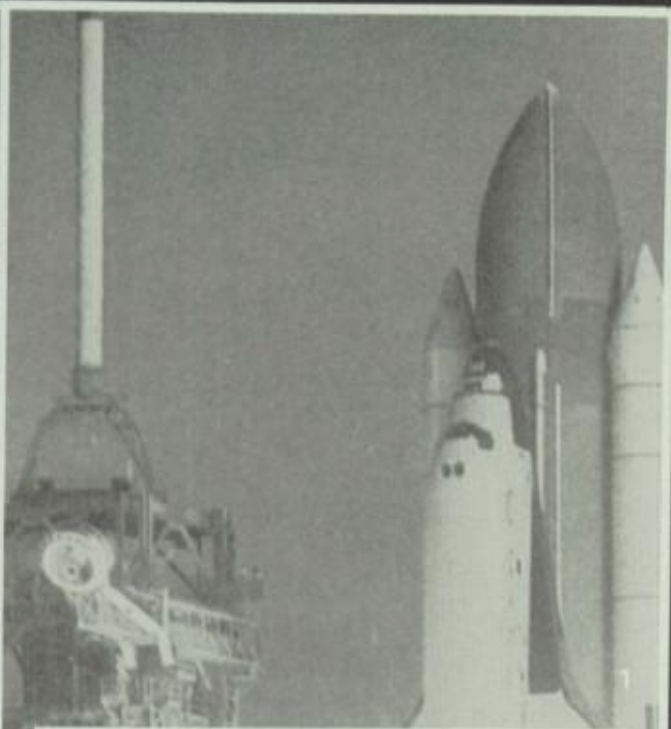
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10



12



Bottom Line... BUSTED

De Lorean's Shattered Dream



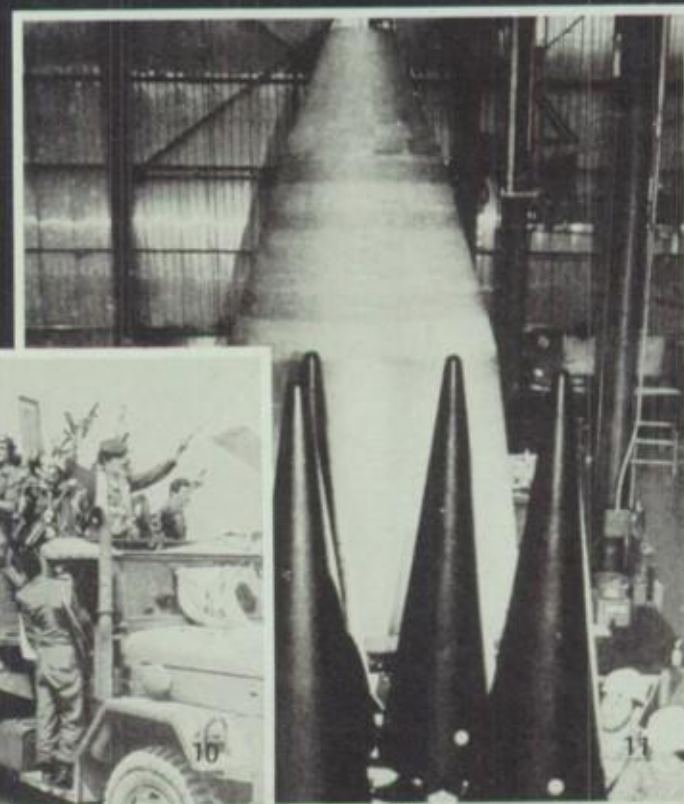
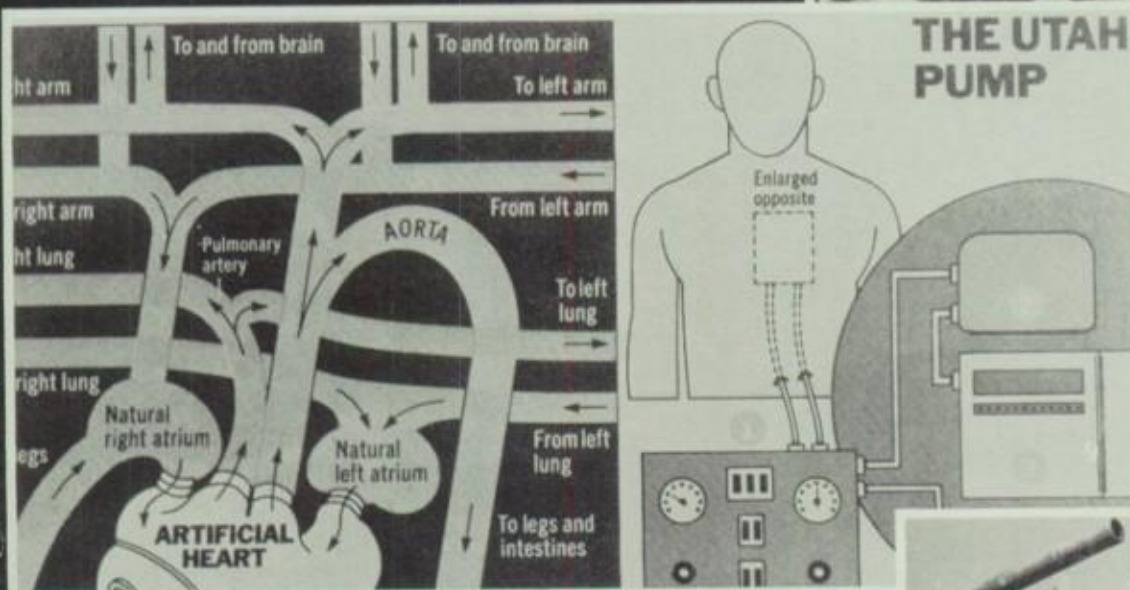
1. The space shuttle Columbia blasts off into orbit from Cape Canaveral, Florida on one of its many important missions. 2. An enraged crowd demonstrates on the front steps of the White House protesting nuclear weaponry. 3. "Snow King" John DeLorean exits from a courtroom drama on Los Angeles after his arrest. 4. Packages of Tylenol await inspection for poisonous substances at a pharmaceutical lab in Chicago. 5. Spinal cord injury victim, Nan Davis, takes her first stroll with the help of the successful computer based locomotion system. 6. A familiar signpost during the year of unemployment was a disheartening sight to the jobless thousands. 7. Princess Diana cuddles newborn Prince William in front of a London hospital. 8. A dead Leonid Brezhnev is flanked in floral glory at his funeral in Moscow. 9. A diagram of Barney Clark's artificial heart explains in detail the precise function of the humanized invention. 10. Lebanese soldiers parade through West Beirut after Israeli siege ended the country's Palestinian occupation. 11. The destructive MX missile is constructed in a Nevada warehouse before shipment. 12. A deadly hand of an Iranian soldier grabs for life during the Iraqi-Iranian War.



GLOBAL IMAGES: '82-'83

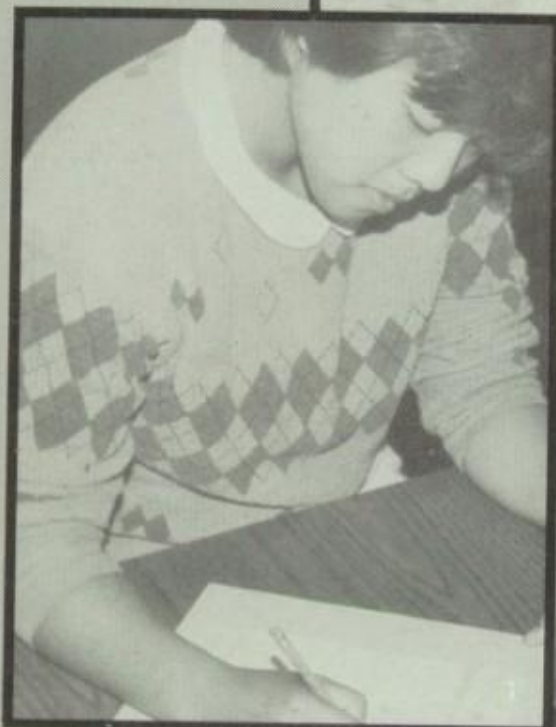
Explosive events shattered the protective peace of the 1982 summer. With the advent of the massacre in Lebanon, Israel's Ariel Sharon resigned his post after a trial found him guilty of the Lebanese travesty. The Polish Union, Solidarity gasped its way to the underground after its untimely death when martial law was pronounced. The Iraqi-Iranian War continued to rage in the Middle East. One of the most important advancements in medical history was the artificial heart implanted in Barney Clark. Drug abusers of the year included John DeLorean who was arrested in California and who consequently saw the downfall of a romantic and powerful empire. Citizens were

threatened in Illinois and elsewhere when Tylenol capsules were discovered to contain cyanide. Queen Elizabeth II graced American soil when she arrived with Prince Phillip, hoping to smooth British and U.S. relations. OPEC prices plummeted as the oil glut gave customers cheaper gas and countless sighs of relief. Soviet leader Leonid Brezhnev died, leaving a legacy behind. Yuri Andropov took over the country as a shrewd and manipulative force behind Russia. Prince William came into the world as heir to the English throne. Countless events lay untold but the sparks provided by the exciting year are sure to be remembered.

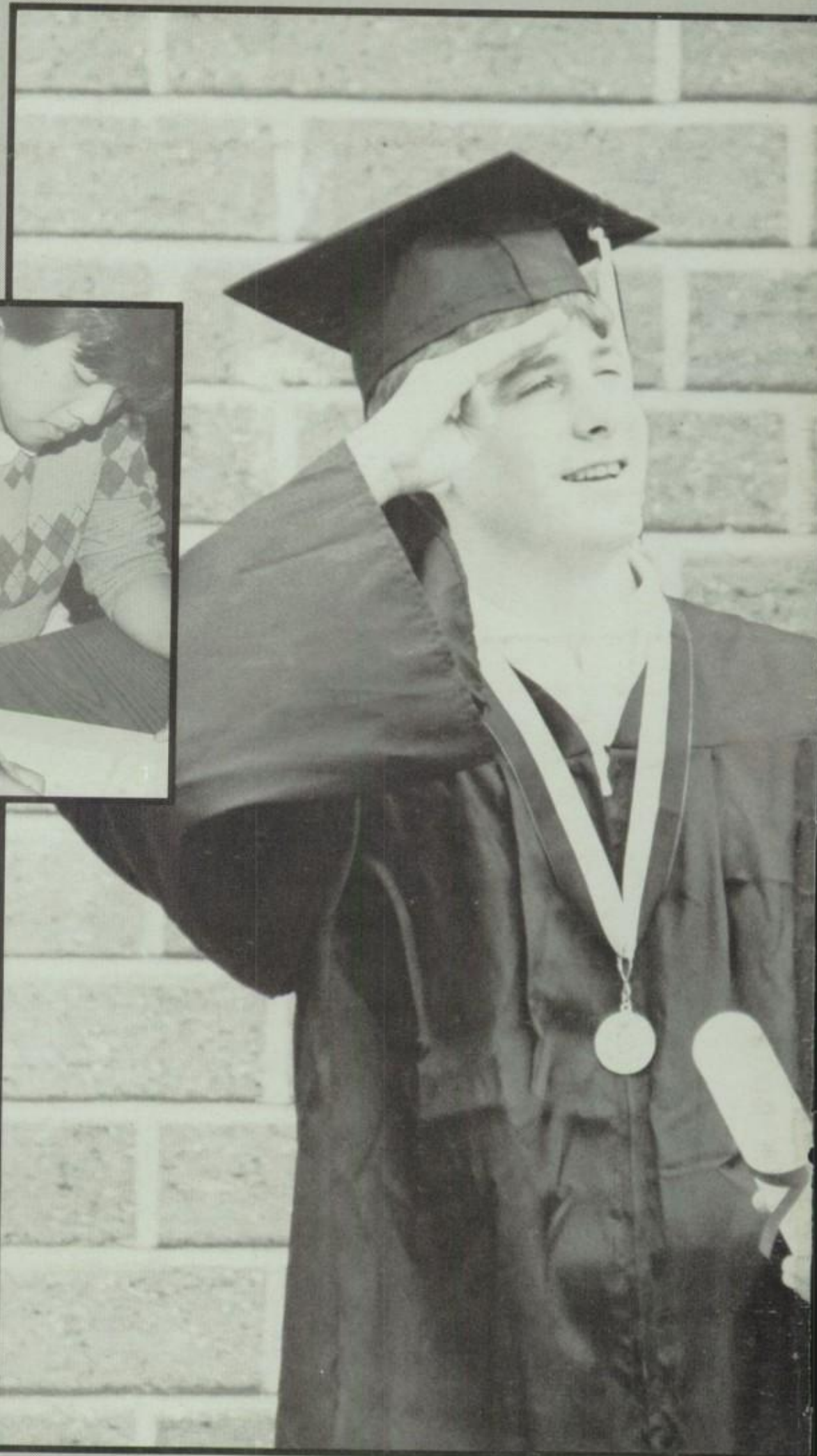


Awaiting Success

Beginning a new and challenging phase of life, each graduate has the education and insight necessary to successfully meet the demands of adult responsibilities. Opportunity to express values and philosophy awaits each individual within a college or job atmosphere. Striving for success and security is second nature, but one must positively focus on experiences that create his world, a place of peace and harmony. A lifetime is full of dreams and aspirations, and limitations are surpassed and overcome. Success is within this world and each can reach their level of satisfaction, which ultimately causes one to strive for another success.



The World,
infinite in
possibility,
is welcomed with
open arms
to embrace
chimerical
odysseys.

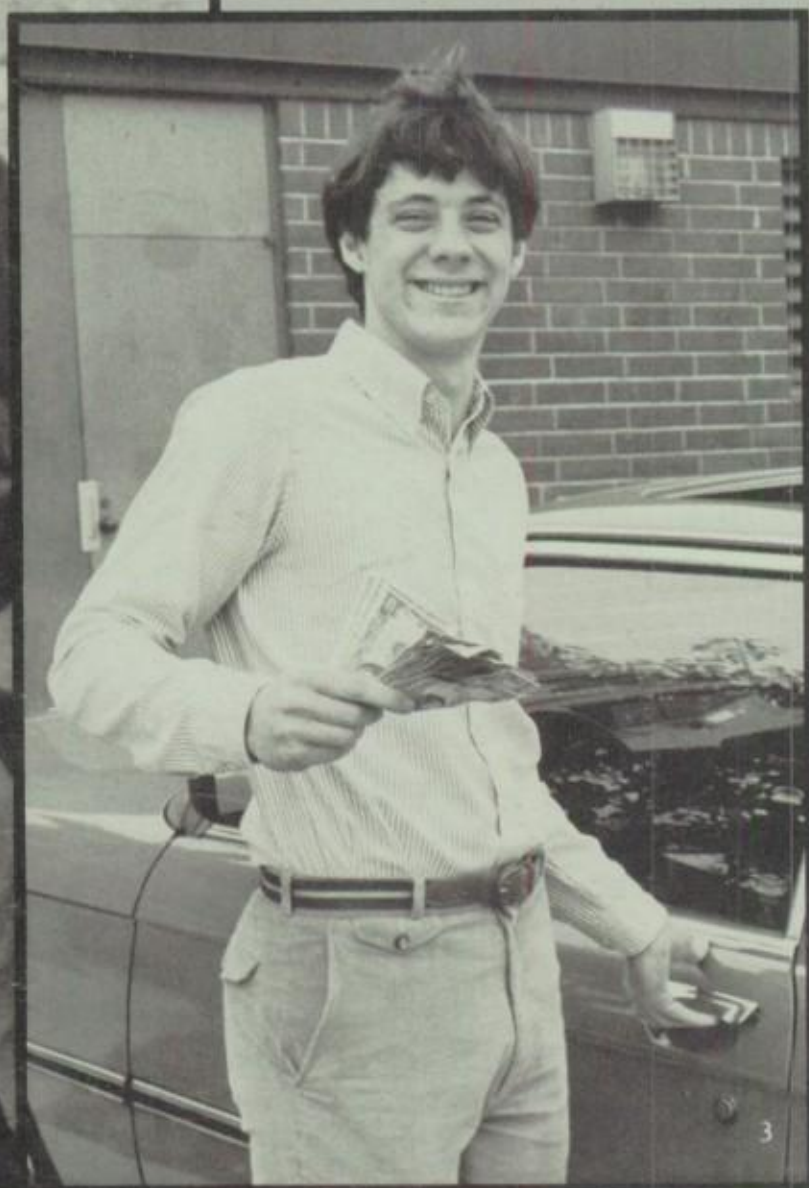


facing the future

A Step Towards Reality

At year's end Capo Valley students were ready to face the obstacles that would challenge their entrance into the competitive world of college and career. Students crept from beneath their protective blanket of security into the colder degrees of reality. While some trooped off to college, leaving parents and friends behind, others decided their careers could await for them no longer. Students changed locations and habitations. They were fraught with the responsibilities and ecstatic with their new-found independence in light of self-suffering. They were left to make their own personalized decisions concerning their existence. Students

built on their previous education, expanding the enlightenment of the adult experience. Students welcomed their new independence and awaited the years to come. The challenge of an infinite and complicated journey of self-discovery led students to a better understanding of themselves and the world around. Each was destined for discovery. Students welcomed the severity of independence in hopes to mature their personality. Now alone in a sometimes hostile environment, Cougars had the chance to prove to themselves that they had the courage and foresight to confront any situation.



1. Capo Valley student, **Yu-Jen Wei**, explores career opportunities as she completes the COPS examination in the career center. 2. Senior **Mark Huber** gazes into the future, thinking of college now that he has overcome the obstacles of high school. 3. **Jeff Netto** shows off acquired assets that will ease the discomforts of a career in the humanities as he hopes to become an existentialist philosopher. 4. **Ginny Sherburne** takes an economical approach to future finances by thumbing her way to the AFS destination chosen for her.



Yearbooker's Final Push

Just as Capo Valley students faced the erratic changes in 1983 so too did the El Gato Yearbook. Innovative, unprecedented and sophisticated are only a few of the descriptive words that define the efforts of the 1983 yearbook staff. Each entertaining moment was captured and highlighted for student enjoyment. I sincerely feel that this book exhibits a true representation of Capo Valley's personality. It has been an honor as well as a rewarding experience to have helped design this book with a multi-talented and dedicated advisor like Lisa Dallendorfer. She was an inspiration and guided me through every aspect of the yearbook's process. Thanks are extended to the entire 1983 El Gato Staff. Special acknowledgements are credited to Andrea Carter, Will Binder, Lisa Sekeris, and Andrea Tomich for their time and effort. Additional appreciation is extended to the administration, faculty, staff, and student body; Steve Wagner (Josten's American Yearbook Representative); Creative Images who provided photographic excellence; and particular recognition to Mike and Anne Ryan for their computer assistance with the index.

Paula Marasco

El Gato Yearbook Staff: Lisa Dallendorfer (Yearbook Advisor), Darla Marasco (Editor), Kim Snow, Lisa Sekeris, Andrea Carter (Copy Editor), Kim Snow, Lisa Sekeris, Andrea Carter (Copy Editor), Will Binder (Layout Editor), Kelley Grant, Stephanie Woods, Ken Pucci, Christina Quintana, Andrea Tomich, J.R. Robb, Cary Potter, Gay Heinaman; not pictured Gary Ehlers

Dear Jackie,
It's been a real
pleasure knowing you
all in your time. You have the
chance to know a real
a great sweet person with
a great personality. Here's a
wonderful summer and all
set in your next year Best of wishes
in the future. Love
always
queer

KIT. 259-8182
P.S. Take good care of
yourself.

SAVE

Jackie,
this is absolutely
insane!! me, a Triton, signing
a cougar yearbook?

God, this year has
been stuffed with happen-
ings. No one will ever
know how many times me
'n' you have been in and
out of love. Spring fever
really hit us hard this year.
Ya know what I mean?

Can't believe how fast
this year ripped by. Seems
like yesterday we were just at
C (you know)! Do you
realize that this is the first
year I went solo without you
in school? It was hard, but
somehow we managed to stay best
of friends and share the new friends
we made at our new schools with
each other.

I hate to leave you this year
summer. Wish you were comin' with
me. We could have a blast! But...
when ~~we~~ (sorry!) I get back we
are gonna do some heavy-duty
partying! I mean HEAVY, DUTY,
hearty, partying!!

Wonder what our love lives are
gonna be like when I get back?
maybe I'll fall in love with a
tall dark and handsome Italian
lover-boy?!? or maybe a gallant
French man. or... a sexy
Spaniard. Oh, Lord the possibilities

Jackie, I love you lots. You
know this I hope. You're my
sis. I love ya like one.
Let's have a great summer
and a radically partying
year next year.

You're the Best?

Love,

Paula
I didn't do the palm
tree.

A classic

dear Jackie,
 It's been great
 having ^{you} in Spanish.
 The class was soooooo
 fun. I can't wait until
 next year, Spanish III,
 Yah, Yah! You are really
 sweet and I hope that
 next we have a class
 together... maybe, Spanish.
 Have a great summer.
 Love,
 Lisa Laredo

Jackie,
 Journalism be-
 came a lot better when we
 became friends! You're a great
 friend, and I hope next year we
 still know you. Thank you all this
 writing is over with, but journalism was
 fun! We had some pretty crazy people in
 our class (Scott!) well have a great summ
 and an even better Junior year!
 Love,
 Julie
 Simpson
 (the only
 freshman in
 your class)

Jackie.
 I so glad I got
 to met you, you are
 so sweet and nice
 I hope we can
 party some time!
 Have a good summer
 see ya around.

Jackie,
 Glad I'm go to
 know ~~th~~ you this
 year. You are a lot of
 fun I know. I really
 had a lot of fun at
 your house at that
 party. When they say
 "looks are deceiving",
 I know what they
 mean! (you look so
 innocent but ~~HA HA!~~)
 If you don't call me
 this summer, I'll
 blow up your house,
 or set it on fire,
 or whatever ~~so~~ be
 sure to call me!!
 (859-0889) We will

love
 "83"
 PS. call me sum
 time during the summer
 party time!! 496-1491

Love,
 Stephen
 Call me whenever!
 855-6000
 It was so nice knowing and
 meeting you this year - you are so nice and
 sweet. I really like you a lot and hope we
 can be friends next year. I had a lot of
 fun the beginning of the year. Had fun
 in Geometry. I hope I have it next
 year with you HeHe. Don't forget to
 call me when you have your party your
 last one was great! Have a Super
 summer and call me - or else.

Jackie
 I'm so glad
 we got to be
 friends cuz I
 think you really
 sweet! I hope I
 see ya this summer
 If you go to
 any parties
 just give me a
 ring! 4086
 495- Luv,
 Cindy

Dear Jackie.

I'm so happy that we were
are friends now. So when are
you bringing the D.H. yearbook
Well you, Lisa and Julie make
a - pretty good gang. Hehe.
You are a really sweet person
and I hope we become better
friends. Call me anytime

if you want. 855-0833

Love ya
Scott

see each other over
the summer & do
some partying.
Good luck with
whatever guy you
are currently
chasing (Mike?)
Ray? ??)
I will see
you over the
summer.
Thanks for
being such a sweet
friend this year!

Love Always
Becky

Jackie,
I am really glad I
met you this year you are
really nice. Remember
when you spent the
night that was really
funny!! Have a good
summer, maybe we
could do something
and I'll see you
next year. See ya!
495-625 Love
Melissa
Magney

Jackie,
They well
we didn't
know each-
other too long.
But I do know
you are a
totally crazy

Dude! Dude!
Night was fun
even tho we
didn't find
a party.
Let's get together
this summer
and do some

have party.
Hopefully become
good friends.
Love
493-1088

Julie
Russell

